How to get the best from Your Microwave Cooking Center

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Use and Care of model JKP68G

The electric output of the microwave oven in this cooking center is 700 watts.

Your Direct Line to General Electric
The GE Answer Center® 800.626.2000

GENERAL ELECTRIC 49-4791

Help us help you...

Before using your cooking center, read this book carefully.

It is intended to help you operate and maintain your new cooking center properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help, write (include your phone number):

Consumer Affairs
GE Appliances
Appliance Park
Louisville, KY 40225

Write down the model and serial numbers.

You'll find them on a label on the front of the lower oven behind the door.

These numbers are also on the Consumer Product Ownership Registration Card that came with your cooking center. Before sending in this card, please write these numbers here:

_____
Model Number

_____
Serial Number

Use these numbers in any correspondence or service calls concerning your cooking center.

Be sure your cooking center is registered.

It is important that we, the manufacturer, know the location of your cooking center should a need occur for adjustments.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser please write to us, stating model and serial numbers. **This appliance must be registered. Please be certain that it is.**

Write to:

GE Appliances
Range Product Service
Appliance Park
Louisville, KY 40225

If you received a damaged cooking center...

Immediately contact the dealer (or builder) that sold you the cooking center.

Save time and money.

Before you request service... check the Problem Solver on pages 44 through 46. It lists causes of minor operating problems that you can correct yourself.

All these things are normal with your microwave oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Dull thumping sound while oven is operating.
- Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do Not Attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

(1) door (bent)

(2) hinges and latches (broken or loosened)

(3) door seals and sealing surfaces.

(d) The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

When using electrical appliances basic safety precautions should be followed, including the following:

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- Use this appliance only for its intended use as described in this manual.
- Be sure your appliance is properly installed and grounded by a qualified technician in accordance with the provided Installation Instructions.
- This appliance must be connected to a grounded, metallic, permanent wiring system, or an equipment grounding conductor should be run with the circuit conductors and connected to the equipment grounding terminal or lead on the appliance.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- Before performing any service, DISCONNECT THE OVEN POWER SUPPLY AT THE HOUSEHOLD DISTRIBUTION PANEL BY REMOVING THE FUSE OR SWITCHING OFF THE CIRCUIT BREAKER.
- Do not cover or block any openings on the appliance.
- Do not use outdoors.
- Do not operate this appliance if it is not working properly, or if it has been damaged or dropped.
- As with any appliance, close supervision is necessary when used by children.
- **Do not leave children alone**—children should not be left alone or unattended in area where appliance is in use. They should never be allowed to sit or stand on any part of the appliance.
- **Don't allow anyone to climb, stand or hang on the door. They could damage the oven.**
- **CAUTION: ITEMS OF INTEREST TO CHILDREN SHOULD NOT BE STORED IN CABINETS ABOVE AN OVEN—CHILDREN CLIMBING ON THE OVEN TO REACH ITEMS COULD BE SERIOUSLY INJURED.**
- **Wear proper clothing.** Loose fitting or hanging garments should never be worn while using the appliance. Flammable material could be ignited if brought in contact with hot heating elements and may cause severe burns.
- **Use only dry pot holders**—moist or damp pot holders on hot surfaces may result in burns from steam. Do not let pot holders touch hot heating elements. Do not use a towel or other bulky cloth.
- **Never use your appliance for warming or heating the room.**
- **Do not store flammable materials in the oven.**
- **Keep hood and grease filters clean** to maintain good venting and to avoid grease fires.
- **Do not let cooking grease or other flammable materials accumulate in the oven or near it.**

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS (continued)

• **Do not use water on grease fires. Smother flaming pan on surface unit by covering pan completely with well fitting lid, cookie sheet or flat tray. Flaming grease outside a pan can be put out by covering with baking soda or, if available, a multi-purpose dry chemical or foam type fire extinguisher.**

• **Do not touch heating elements or interior surface of oven.** These surfaces may be hot enough to burn even though they are dark in color. During and after use, do not touch, or let clothing or other flammable materials contact any interior area of the oven; allow sufficient time for cooling, first.

Potentially hot surfaces include oven vent openings and surfaces near the openings, crevices around the oven door and the edges of the door window.

Remember: The inside surface of the oven may be hot when the door is opened.

• **When cooking pork** follow the directions exactly and always cook the meat to an internal temperature of at least 170°F. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.

Microwave Oven:

• Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 3.

• To reduce the risk of fire in the oven cavity:

—Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.

—Remove wire twist-ties from paper or plastic bags before placing bags in oven.

—Do not use your microwave oven to dry newspapers.

—**Paper towels, napkins and wax paper.** Recycled paper products can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.

—**Do not pop popcorn in your microwave oven** unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.

—**Do not overcook potatoes.** They could dehydrate and catch fire, causing damage to your oven.

—**Do not operate the oven while empty to avoid damage to the oven and the danger of fire.** If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs life of the oven.

—If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

• Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.

• See door surface cleaning instructions on page 41.

• **Don't defrost frozen beverages** in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, resulting in injury.

• **Use metal only as directed in cookbook.** Foil strips as used on meat roasts are helpful when used as shown in cookbook.

TV dinners may be microwaved in foil trays less than 3/4″ high; remove top foil cover and return tray to box. When using metal in microwave oven, **keep metal (except for DOUBLE DUTY™ shelf) at least 1 inch away from sides of oven.**

• **Cooking utensils may become hot** because of heat transferred from the heated food. This is especially true if plastic wrap has been covering the top and handles of the utensil. Pot holders may be needed to handle the utensil.

• **Sometimes, the oven floor can become too hot to touch.** Be careful touching the floor during and after cooking.

• **Do not use a thermometer** in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.

• **Remove the temperature probe from the oven when not using it** to cook with. If you leave the probe inside the oven without inserting it in food or liquid, and turn on microwave energy, it can create electrical arcing in the oven, and damage oven walls.

• **Avoid heating baby food** in glass jars, even without their lids; especially meat and egg mixtures.

• **Boiling eggs is not recommended in a microwave oven.** Pressure can build up inside egg yolk and may cause it to burst, resulting in injury.

• **Foods with unbroken outer "skin"** such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks (see previous caution) should be pierced to allow steam to escape during cooking.

• **Plastic Utensils**—Plastic utensils designed for microwave cooking are very useful, but should be used carefully. Even microwave plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and utensils could ignite. For these reasons: 1) Use microwave plastics only and use them in strict compliance with the utensil manufacturer's recommendations. 2) Do not subject empty utensils to microwaving. 3) Do not permit children to use plastic utensils without complete supervision.

• **"Boilable" cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed in cookbook. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.

• **Foods cooked in liquids** (such as pasta) may tend to boil over more rapidly than foods containing less moisture. Should this occur, refer to page 40 for instructions on how to clean the inside of the oven.

• **Spontaneous boiling**—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, stir the liquid briefly before removing the container from the microwave oven.

• **Use of the DOUBLE DUTY™ shelf accessory.**

—Remove the shelf from oven when not in use.

—Do not store or cook with shelf on floor of oven. Product damage may result.

—Use pot holders when handling the shelf and utensils. They may be hot.

—Do not use microwave browning dish on shelf. The shelf could overheat. Use of shelf with Automatic Cooking feature is not recommended.

Lower Oven:

• **Stand away from the oven when opening oven door. The hot air or steam which escapes can cause burns to hands, face and/or eyes.**

• **Don't heat unopened food containers in the oven. Pressure could build up and the container could burst, causing an injury.**

• Keep oven vent ducts unobstructed.

• Keep oven free from grease buildup.

• Place oven rack in desired position while oven is cool. If racks must be handled when hot, do not let pot holder contact heating units in the oven.

• Pulling out shelf to the shelf stop is a convenience in lifting heavy foods. It is also a precaution against burns from touching hot surfaces of the door or oven walls.

• When using cooking or roasting bags in oven, follow the manufacturer's directions.

• Do not use your oven to dry newspapers. If overheated, they can catch fire.

Self Cleaning Lower Oven:

• **Do not clean door gasket.** The door gasket is essential for a good seal. Care should be taken not to rub, damage or move the gasket.

• Do not use oven cleaners. No commercial oven cleaner or oven liner protective coating of any kind should be used in or around any part of the oven.

• Clean only parts listed in this Use and Care Book.

• **Before self-cleaning the oven,** remove broiler pan and other utensils.

• **Listen for fan**—a fan noise should be heard sometime during the cleaning cycle. If not, call for service before self-cleaning again.

SAVE THESE INSTRUCTIONS

Energy-Saving Tips

Microwave Oven

• Use proper power level as recommended and DO NOT OVERCOOK.

• Do not operate the oven while empty. If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—saves energy and also ensures good, long-term life of oven.

Lower Oven

• Preheat the oven only when necessary. Most foods will cook satisfactorily without preheating. If you find preheating is necessary, keep an eye on the indicator light, and put food in the oven promptly after the light goes out.

• Always turn oven OFF before removing food.

• During baking, avoid frequent door openings. Keep door open as short a time as possible when it is opened.

• For self-cleaning oven, be sure to wipe up excess spillage before self-cleaning operation.

• Cook complete oven meals instead of just one food item. Potatoes, other vegetables, and some desserts will cook together with a main-dish casserole, meat loaf, chicken or roast. Choose foods that cook at the same temperature in approximately the same time.

• Use residual heat in oven whenever possible to finish cooking casseroles, oven meals, etc. Also add rolls or precooked desserts to warm oven, using residual heat to warm them.

Microwaving Tips

• Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled "suitable for Microwaving."

If you are unsure, use this dish test: Measure 1 cup water in a glass cup. Place in oven on or beside dish. Microwave 1 minute at HIGH. If water becomes hot, dish is microwave safe. If dish heats, it should not be used for microwaving.

• Paper towels, wax paper, and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering.

• Some microwaved foods require stirring, rotating, or rearranging. Check your cookbook for specific instructions.

• Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers to prevent bursting.

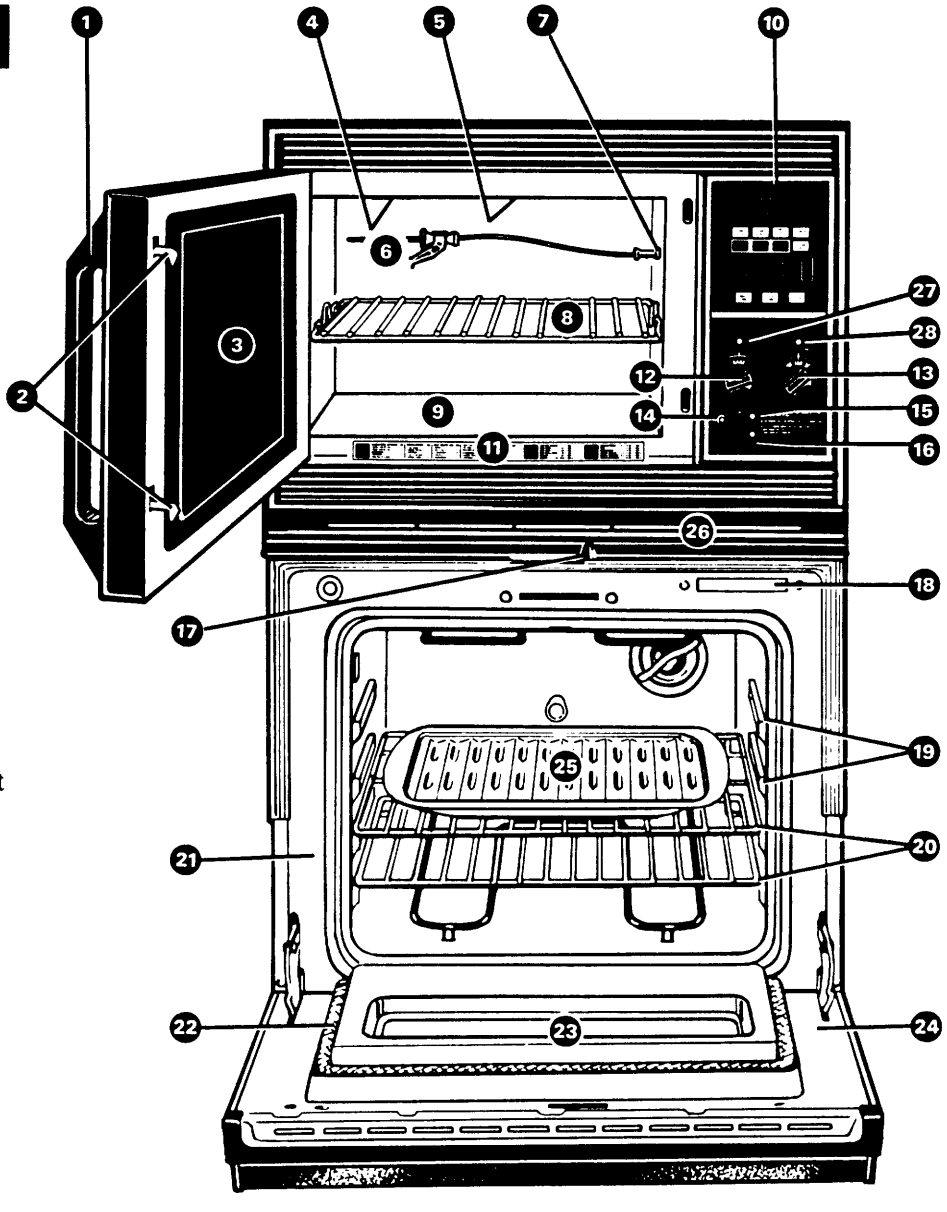
When Power is Connected to the Oven

The panel displays all of the oven functions. After 15 seconds, all lights disappear and "Reset" appears in the display. Touch the CLEAR/OFF pad and then touch CLOCK pad and set the clock. The clock must be set for the timer functions to work.

If power is disrupted at any time, the above sequence reoccurs and you must reset the clock after touching CLEAR/OFF.

Features of Your Cooking Center

Microwave Oven



1. **Door Handle.** Pull handle to open. Door must be securely latched for oven to operate.
2. **Inside Door Latches.**
3. **Window with Metal Shield.** Allows cooking to be viewed while keeping microwaves confined in oven.
4. **Light.**
5. **Oven Vent.**
6. **MICROTHERMOMETER™ temperature probe.**
7. **Receptacle for Temperature Probe.**
8. **DOUBLE-DUTY™ shelf.** Lets you microwave several foods at once. (See Safety Tips for special instructions.) When this shelf is not in use, please remove from the oven.
9. **Oven Floor.**
10. **Display and Touch Control Pads.**
11. **Automatic Cooking Guide.** Quick reference for Codes for many frequently prepared foods.

Self-Cleaning Lower Oven

12. **Oven Set (Clean) Knob.**
13. **Oven Temp (Clean) Knob.**
14. **Oven Interior Light Button.**
15. **Self-Cleaning Oven Clean Light.**
16. **Lock Light.**
17. **Latch.**
18. **Model and Serial Numbers—** located at right side of lower oven frame.
19. **Shelf Support.**
20. **Oven Shelves.**
21. **Oven Frame.**
22. **Door Gasket.**
23. **Window.**
24. **Door Liner.**
25. **Broiler Pan and Rack.**
26. **Oven Vent.**
27. **Oven "ON" Light.**
28. **Oven Cycling Light.**

Features of Your Touch Control Panel

1. DISPLAY. Displays time of day.
Microwave Oven: Displays time or temperature during cooking functions, power level being used, Auto Codes, Auto Defrost food weights, cooking mode and instructions.
Conventional Oven: Displays Time Bake start and stop times, Self-Clean Oven clean time, oven door latched message and instructions.

2. TIME DEFROST. Gentle, generally uniform thawing at automatic power level 3, (or change power level after entering defrosting time. See page 16.)

3. TIME COOK. Microwave for a preset amount of time using automatic power level 10 (or change power level after entering cooking time. See page 10.)

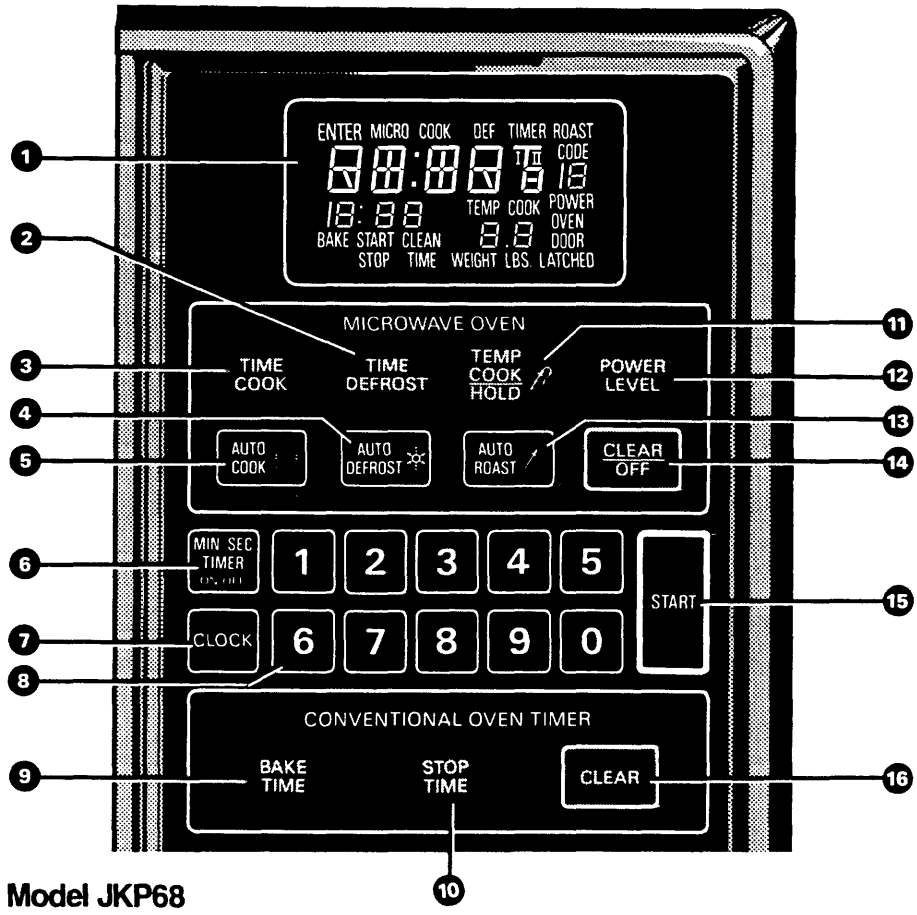
4. AUTO DEFROST. Touch this pad, then Code number and food weight. The oven automatically sets power levels and defrosting time. (See page 14.)

5. AUTO COOK. Touch this pad and then number pad for desired Code number, and oven automatically microwaves at pre-programmed power levels and determines the proper amount of cooking times until the food is done and oven shuts off. (See page 17.)

6. MIN/SEC TIMER. This feature uses no microwave energy. It functions as a kitchen timer, a hold timer after defrost or as a delay timer before microwave time or temperature cooking. (See page 9.)

7. CLOCK. Touch this pad to enter time of day or check time of day while cooking. To set clock, first touch CLOCK pad and then enter time of day. For example, if time was 1:30, touch number pads 1, 3, and 0 and 1:30 will appear on display. "Start" will flash on display directing you to touch START thus setting the clock. To reset or change time, simply repeat above process.

Clock must be set before any Conventional Oven Timer function will operate.



Model JKP68

8. NUMBER PADS. Touch these pads to enter cooking, defrosting time, time of day, temperature, power level, Auto Codes, food weights for Auto Defrost, conventional oven Bake start and stop times and to change cleaning time on self-clean oven.

9. BAKE TIME. Touch this pad and then number pads to enter baking or roasting time. The oven turns off automatically at the end of that time if OVEN SET knob is on TIME BAKE.

10. STOP TIME. Touch this pad and then number pads to enter the time you want oven to finish baking or cleaning. The oven will automatically calculate the correct start time for you.

11. TEMP COOK/HOLD. Use the temperature probe to cook by using a preset temperature. Once oven reaches preset temperature, it switches to HOLD setting and maintains that temperature until you open the door or touch the CLEAR/OFF pad. (See page 11.)

12. POWER LEVEL. Touch this pad before entering another power level number if you want to change from automatic power level 10 (HIGH) for cooking or power level 3 (LOW) for defrosting.

13. AUTO ROAST. Insert probe, touch this pad, and desired number pad for Code to slow cook or temperature cook meat with automatic preset program. (See page 12.)

14. CLEAR/OFF. When touched, it shuts off the microwave oven and erases all microwave settings (except time of day).

15. START. After all selections are made, touch this pad to start the microwave oven, the clock and all Conventional Oven Timer functions.

16. CLEAR. Touch this pad to stop conventional oven timer and self-clean operation or enter a new clean time.

How to Use the Minute/Second Timer

The MIN/SEC TIMER has three timing functions:

- **It operates as a minute timer.**
- **It can be set to delay cooking.**
- **It can be used as a hold setting after defrosting.**

The MIN/SEC TIMER operates without microwave energy.

How to Time a 3-Minute Phone Call

1. Touch MIN/SEC TIMER pad. The display shows : 0 and "ENTER TIME" flashes.

2. Touch number pads 3, 0 and 0 (for 3 minutes and no seconds). Display shows 3:00 and "TIMER."

3. Touch START. Display shows time counting down.

4. When time is up, oven signals, flashes "TIMER," and displays : 0.

5. Touch MIN/SEC TIMER pad to reset display to clock or microwave cook or defrost programs.

Programming a HOLD TIME

The Minute/Second Timer can also be used to program "hold time" between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A HOLD, or "standing" time may be found in some of your own recipes or cookbook.

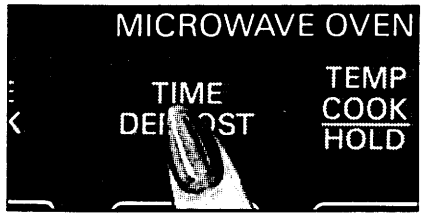
Programming Delayed Cooking

To delay cooking up to 99 minutes and 99 seconds, touch TIME COOK, TEMP COOK/HOLD or AUTO ROAST and enter cook time, temp. or code. Touch MIN/SEC TIMER and enter number of minutes to delay cooking. Touch START. Timer will count down to zero and cooking will begin. When delaying temp. cook or auto roast, be sure probe is in food before pressing START.

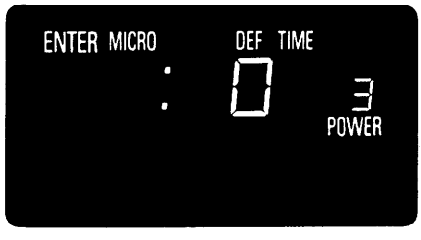
How to Defrost, Hold and Time Cook

Let's say you want to defrost a frozen casserole for 15 minutes, hold for 10 minutes and then Time Cook for 25 minutes. Here's how to do it:

Step 1: Take casserole from freezer and place in oven.

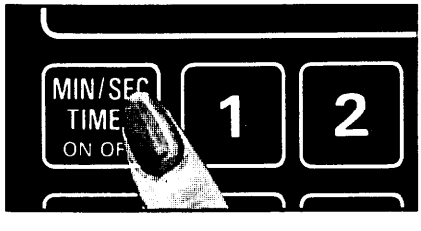


Step 2: Touch TIME DEFROST.



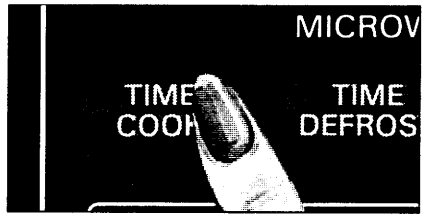
The display shows : 0 and "POWER 3." "ENTER MICRO DEF TIME" flashes.

Step 3: Touch pads 1, 5, 0 and 0 for 15 minutes defrosting time. 15:00 appears on display. (Defrosting is automatically set on power level 3 but can be changed by touching the POWER LEVEL pad and the desired power level.)



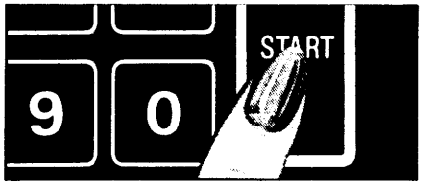
Step 4: Set standing or hold time by touching MIN/SEC TIMER. The display shows : 0 and "ENTER TIME" flashes.

Step 5: Touch 1, 0, 0 and 0 to hold for ten minutes. 10:00 appears on display and "TIME" flashes.



Step 6: Touch TIME COOK pad. The display shows : 0 and "POWER 10." "ENTER MICRO COOK TIME" flashes.

Step 7: Touch 2, 5, 0 and 0 for twenty-five minutes of cooking time. "MICRO COOK TIME" flashes and 25:00 and "POWER 10" appear on display.



Step 8: Touch START. "MICRO DEF TIME" and 15:00 counting down show on display. As each function is automatically performed, the oven display shows instructions entered and the function.

Step 9: When time is up, the oven signals and flashes "End."

Questions and Answers

Q. What will happen if I accidentally reverse my defrost, hold and cook instructions?

A. The oven will automatically rearrange your program. Defrosting will always come first, then hold, and then the cooking function.

Q. Can I defrost and hold only?

A. Yes. Sometimes you may only want to defrost a food, hold it, and cook it later. All you need to do is program in Defrost and amount of time. Then program Hold and the amount of time. Be sure to put the thawed dish in the refrigerator promptly.

NOTE: Let foods remain at room temperature only as long as safe. Times will vary.

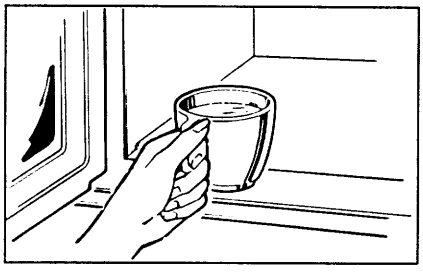
Cooking by Time

The time cooking feature allows you to preset the cooking time.

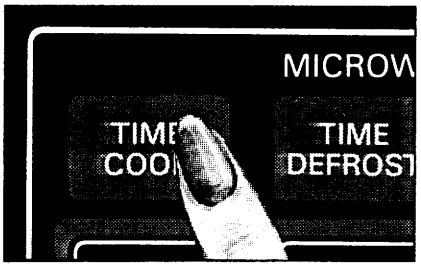
The oven shuts off automatically.

Power level 10 (HIGH) is recommended for most cooking, but you may change this for more flexibility. See your cookbook.

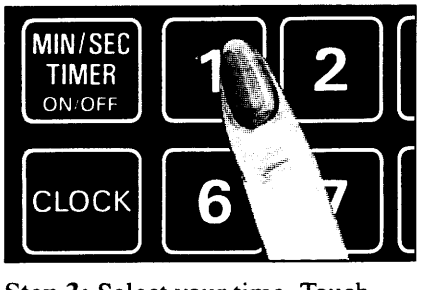
To become better acquainted with time cooking, make a cup of coffee by following the steps below.



Step 1: Fill a cup 2/3 full of water and add 1 teaspoon of instant coffee and stir to dissolve. Use a cup that has no metal decoration and is microwave safe (refer to Microwaving Tips on page 6). Place cup in oven and close door.

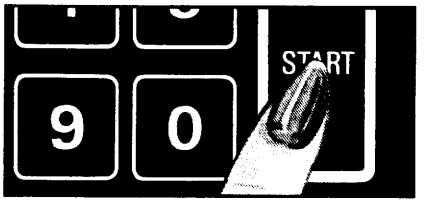


Step 2: Touch TIME COOK pad. Display shows : 0 and "POWER 10." "ENTER MICRO COOK TIME" flashes.



Step 3: Select your time. Touch 1, 2 and 0 for a minute and 20 seconds. "MICRO COOK TIME" flashes and "POWER 10" and 1:20 appear on display.

Because automatic power level 10 is recommended for this cup of coffee, there is no need to change the power level. (If power level 10 is not appropriate, see "How to Change Power Level" below.)



Step 4: Touch START. "MICRO COOK TIME," "POWER 10," and time counting down show on display.

Step 5: When time is up, the oven signals and flashes "End." Oven shuts off.

Step 6: Open the door.

Using the Time Cook II Feature

The Time Cook II feature lets you set two time cooking functions within one program. This is ideal when you want to change power levels during your cooking operations. Here's how to do it.

Step 1: Place food in oven in microwave-safe container and close the door.

Step 2: Touch TIME COOK pad. Display shows ": 0" and "POWER 10." "ENTER MICRO COOK TIME" flashes.

Step 3: Select your cook time. For example, touch 2, 1 and 5 for two minutes and 15 seconds. Display shows "2:15" and "POWER 10." "MICRO COOK TIME" flashes.

Step 4: Touch TIME COOK pad. Display shows ": 0" and "POWER 10." "ENTER MICRO COOK TIME" flashes.

Step 5: Set your cook time.

How to Change Power Level

After setting cook time, touch POWER LEVEL pad, then touch desired number for new power level.

Step 6: Touch START.

Step 7: "MICRO COOK TIME I," the first power level and the first programmed cook time, counting down, show on the display.

Step 8: At the end of the first programmed cook time, the second power level, "MICRO COOK TIME II" and the second programmed cook time, counting down, show on the display.

Step 9: When time is up, the oven signals and flashes "End." Oven shuts off.

Step 10: Open the door.

Questions and Answers

Q. I set my oven for the time called for in the recipe, but at the end of the time allowed, my dish wasn't done. What happened?

A. Since house power varies due to time or location many Time Cook recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your dish a little longer, if necessary.

Q. I touched the number pads and selected my power level. When I touched START, however, my oven didn't come on. Why not?

A. The TIME COOK pad must be touched before setting the number pads or else your oven will not begin cooking.

Q. I want to cook on a power level other than HIGH. What do I need to do?

A. To change the power level, touch the POWER LEVEL pad after entering cook time. "ENTER POWER" flashes on the display panel. Enter new number.

Q. Can I interrupt my Time Cook function to check the food?

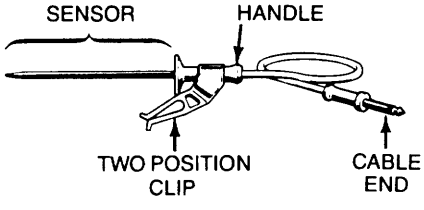
A. Yes. To resume cooking, simply close the door and press the START pad. The timer must be reset for cooking to resume unless time is remaining on timer.

Cooking by Temperature

Internal temperature is the best test of doneness for many foods.

"TEMP COOK/HOLD" takes the guesswork out of cooking because the oven automatically switches to "Hold" setting after reaching the preset food temperature and maintains that temperature for up to one hour or until you touch the CLEAR/OFF pad.

The Temperature Probe



The temperature probe is a food thermometer that gauges the internal temperature of your food; it must be used when using "TEMP COOK/HOLD" or "AUTO ROAST."

A two-position clip attaches to the side of a dish to help keep the probe in position when temperature cooking foods such as chili or soup. To use your probe properly in a roast, follow directions on page 12.

How to Temp Cook a Rolled Beef Rib Roast to Medium

Step 1: Insert temperature probe and attach probe securely in oven wall. Close the door.

Step 2: Touch TEMP COOK/ HOLD. "ENTER MICRO TEMP" flashes.

Step 3: Touch 1, 2, 5 for 125°F. "MICRO TEMP COOK," 125F and POWER 10 show on display.

Step 4: Touch POWER LEVEL pad. "ENTER POWER" flashes. Touch 5 for medium power. "MICRO TEMP COOK," 125F and POWER 5 show on display.

Step 5: Touch START. If internal temperature of the roast is less than 80°F., display will show "COOL" or if temperature is 80°F. or above, display shows temperature counting up.

Step 6: When 125°F. is reached, the oven will sound and display "HOLD." The oven will then hold the temperature.

Step 7: Touch the CLEAR/OFF pad to stop the cycle.

Step 8: Remove probe and food from the oven.

Cooking Tips

- Use a lower power level; it will heat more evenly even though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.
- Cover foods loosely for moisture control and quick, even heating.

Questions and Answers

Q. Are there any foods I can't Temp Cook?

A. Yes. Delicate butter icings, ice cream, frozen whipped toppings, etc. soften rapidly at warm temperatures. Batters, doughs and frozen foods are also difficult to cook precisely with the probe. It's best to Time Cook these foods.

Q. Why did "PROBE" flash after I touched the START pad?

A. "PROBE" will flash if you don't seat the cable end of the probe securely into the receptacle in the oven wall or if you touch the TEMP COOK/HOLD pad and forget to use the probe.

Q. Can I leave my probe in the oven if it's not inserted in food?

A. No, if it touches the oven wall, you may damage the oven.

Q. Can I Temp Cook different portions of food at different temperatures?

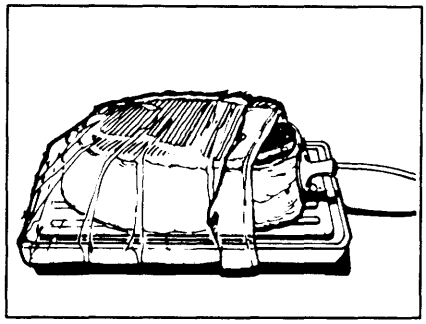
A. Yes. The temperature probe gives you the freedom to cook different portions of food at different temperatures to suit individual eating styles. Simply place probe in food and change temperature setting as needed.

Automatic Roasting

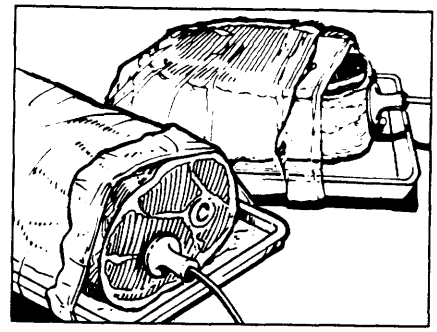
AUTO ROAST uses the temperature probe to cook to the desired serving temperature. Unlike TEMP COOK/HOLD, which uses a single power level, AUTO ROAST uses up to 3 power settings which automatically switch during roasting, thus providing even, tender cooking results without overcooking.

Just as in conventional roasting, only tender roasts should be Auto Roasted until specified internal temperatures are reached. Less tender roasts should be microwaved by time, according to the cookbook which came with your oven.

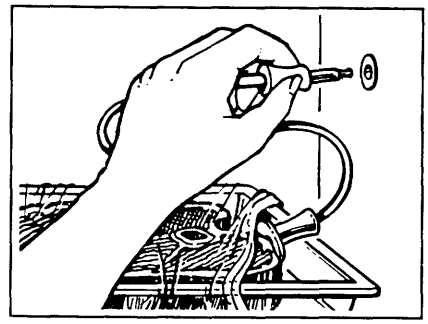
Preparing Roasts for Auto Roasting



Place tender beef roast on trivet in microwave safe dish. Insert probe horizontally into the center meaty area not touching bone or fat. Make sure the handle does not touch the food or top or sides of the oven. Cover with wax paper.

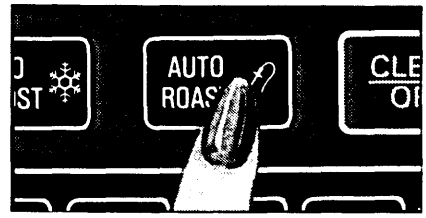


Pork or ham roasts need no trivet. Add 1/2 cup water to roast dish, cover with plastic wrap.

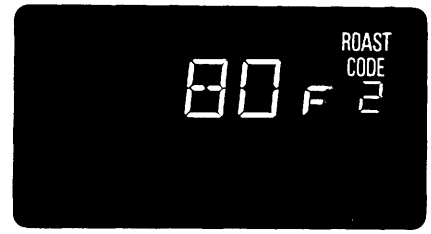


Place meat in oven with probe to the right. Insert cable end of probe firmly into receptacle on oven wall.

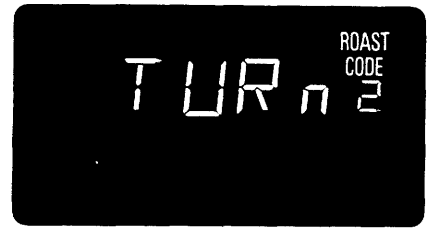
How to Auto Roast Beef to Medium



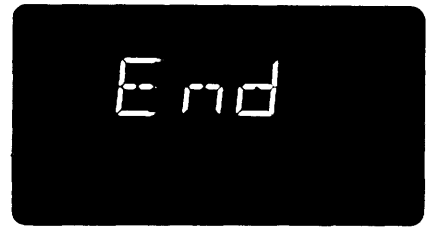
1. Touch AUTO ROAST pad. "AUTO" appears on display and "ENTER ROAST CODE" flashes. Touch number pad 2. "ROAST CODE 2" appears on display and "START" flashes. Touch START. Display shows "COOL" and "ROAST CODE 2" until food temperature reaches 80°F.



2. At 80°F., display switches to show meat's internal temperature.



3. When you select Auto Roast Codes 1, 2, 3 or 4, the oven signals with 3 beeps and "TURN" flashes on the display when it's time to turn the roast over. After you turn the roast, close the door and touch START, food temperature appears on the display. (Note: Oven continues to cook after the signal whether or not roast is turned over.)



4. After a pre-programmed food temperature is reached, oven beeps 3 times and "End" appears on the display. Oven shuts off.

Auto Roast Guide

- Use containers and coverings as directed at left. Place probe correctly in roast before cooking.
- Recommended codes are also shown inside oven on Auto Roast Guide.

Food	Code	Final Temperature	Approximate Time (minutes per pound)	Hold* Minutes
Beef				
Tender Roast				
Rare	1	115°	10-13	0
Medium	2	125°	13-15	0
Well	3	145°	15-17	5-10
Pork				
Loin Roast	4	175°	14-17	10
Precooked Ham	1	115°	12-15	0
Poultry				
Whole Chicken (3 lbs.)	5	190°	10-12	10
Whole Turkey (up to 12 lbs.) (Insert probe into meatiest area of inner thigh from below end and parallel to leg.)	5	190°	10-12	10-15
Turkey Breast (Insert probe horizontally into meatiest area.)	4	175°	10-12	10-15

*Recommended standing time before serving.

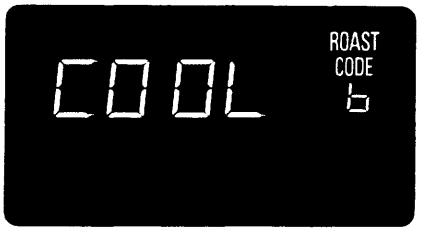
Automatic Simmer Guide (Auto Roast Code 6)

Food	Approx. Time/Hours	Comments
Beef		
Pot Roast	5-7	Add enough liquid to just cover meat. If adding vegetables make sure they are completely covered by liquid.
Chili	5-8	Precook meat. Place probe 1 inch from top surface. Stir after 3 hours, if possible.
Chicken		
Stewing	4-6	Add 4 cups liquid. Insert probe into meatiest area of inner thigh from below end and parallel to leg. Turn over after 1/2 of time.
Broiler/Fryer	3-4	Same procedure as above.
Ham or Pork		
Roast	4-6	Add 4 cups liquid.
Soup		
Stock/Vegetable	7-10	Make sure that vegetables and meat are covered by liquid. Stir every 3 hours.
Split Pea	5-7	Add enough liquid to cover peas at least 2 inches. Stir after 3 hours.

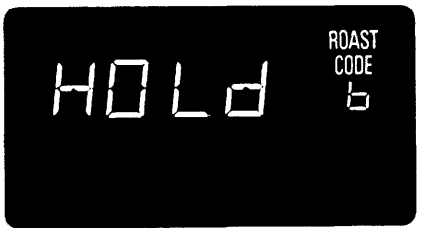
Automatic Simmer
(Auto Roast Code 6)

Your cookbook has information on Automatic Simmering, including guides and recipes.

Total time includes time to bring food to 180°F. and hold at that temperature until done.



Set Auto Simmer like Auto Roast as explained on page 12. Display shows "COOL" until food is 80°F., then switches to show food temperature until 180°F.



Oven switches to Hold at 180°F., until you remove food and turn off oven. If stirring is recommended, you can reset oven by retouching START. Touch CLEAR/OFF after cooking.

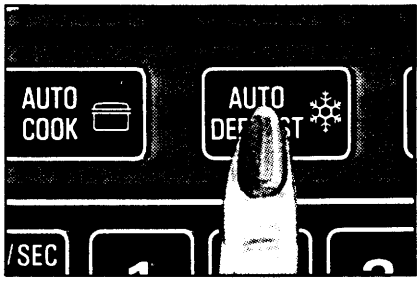
Automatic Defrosting

With the Auto Defrost feature, the oven automatically sets the defrosting time and power levels for you. You choose the appropriate code number from 1 to 3 for the food you are defrosting, then enter the food weight in pounds and tenths of a pound (see Conversion Guide below) and touch START. The oven calculates defrosting time and changes power levels during defrosting to give even defrosting results.

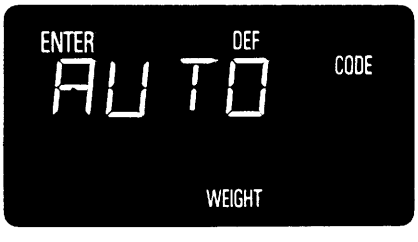
How to set Auto Defrost

Before you begin, check the guide located at bottom of oven when you open the door. It shows minimum and maximum food weights for each code number. You will need to know your food weight and corresponding code before setting Auto Defrost.

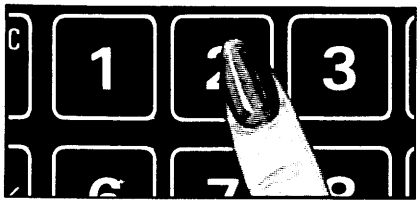
1. Remove food from package, place in oven on microwave-safe dish, and close door.



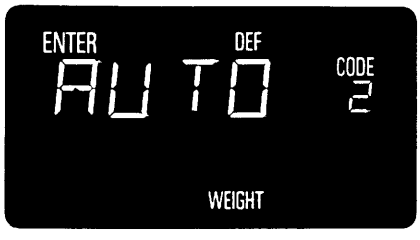
2. Touch AUTO DEFROST pad.



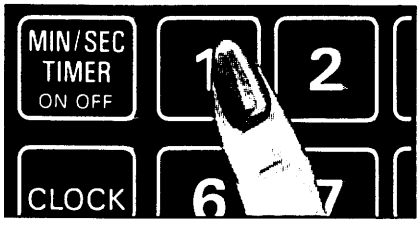
"ENTER DEF CODE" flashes. "AUTO" and "WEIGHT" appear on display.



3. Enter selected Code from guide. For example, poultry calls for Code 2.

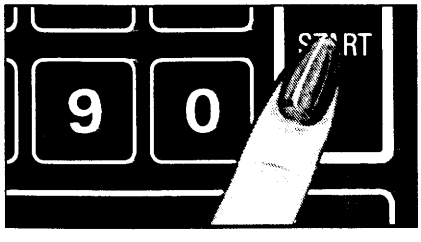


"ENTER WEIGHT" flashes. "DEF CODE 2" and "LBS." appear on display.



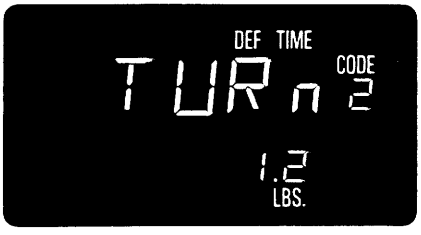
4. Enter weight. For example, touch Number Pads 1 and 2 for weight of 1.2 pounds (1 pound, 3 ounces—see Conversion Guide at right).

Display shows "AUTO" for 4 seconds and then "START" flashes.



5. Touch START pad. Display shows "DEF TIME, CODE 2, 1.2 lbs." and Defrost Time counts down.

Note: If "ERROR" appears on display, check the Code Guide. Make sure weight corresponds to code number.



Twice during defrosting, the oven beeps 3 times, "TURN" flashes and oven shuts off. "TURN" continues to flash until you open the door. After turning the food, close door and touch START.

When defrosting time is completed, "End" flashes and oven beeps 3 times. "End" remains on display and oven beeps every minute until door is opened or CLEAR/OFF pad is touched.

Stand Time

When using the Auto Defrost feature, it is necessary to allow food to stand in order to finish defrosting the interior. You may take the food out of the oven if you wish. And in some cases, it should stand in your refrigerator. Stand time recommendations are given in the guide on the next page.

Conversion Guide

If weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Ounces	Pounds
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

Auto Defrost Guide

CODE	RECOMMENDED FOODS	MIN.-MAX. WEIGHT	FIRST SIGNAL	SECOND SIGNAL	STAND TIME
1	**Meat**	**0.1-6.0 lbs.**			
	Chops		Turn over.	Separate and shield where necessary.	5 minutes
	Frankfurters, Sausage		Separate.	Remove defrosted pieces.	2 minutes
	Ground Meat		Turn over.	Remove defrosted areas and break apart.	5 minutes
	Beef Patties		Turn over.	Separate patties.	5 minutes
	Roast		Turn over and shield.		30 minutes in refrigerator
	Ribs		Turn over.	Remove defrosted pieces. Shield if necessary.	10 minutes
	Steak		Turn over.		5 minutes
	Stew		Turn over and separate.	Separate and remove defrosted pieces.	5 minutes
2	**Poultry**	**0.1-6.0 lbs.**			
	Whole Chicken		Turn over and shield.		10 minutes; run cold water in cavity.
	Turkey Breast (breast side up)		Turn over.	Shield where necessary.	20 minutes in refrigerator
	Chicken Pieces		Turn over.	Separate and remove defrosted pieces.	5 minutes
	Cornish Hens (whole)		Remove wrapper and turn over.		10 minutes; run cold water in cavity.
	Cornish Hens (split)		Turn over.		5 minutes
3	**Seafood**	**0.1-3.0 lbs.**			
	Fish Fillets		Turn over.	Separate and remove defrosted pieces.	5 minutes
	Shrimp, Scallops		Separate.	Separate and remove defrosted pieces.	5 minutes
	Whole Fish		Turn over and shield tail and head.		Hold under cold running water.

Edges or thin areas of meat will defrost more rapidly than other areas. After first or second signal, shield warm areas with small pieces of foil.

Defrosting by Time

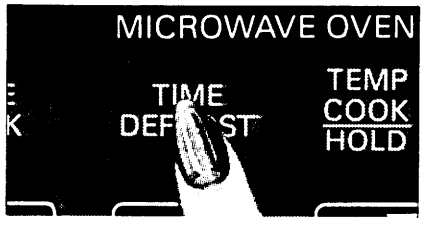
The Time Defrost setting is designed for speedy thawing of frozen food and is one of the great advantages of a microwave oven.

Use the Time Defrost setting to quickly thaw foods such as bread, rolls, vegetables, fruits and frozen dinners. The Auto Defrost setting is preferred for meat and poultry because the oven sets the defrosting time and power levels for you.

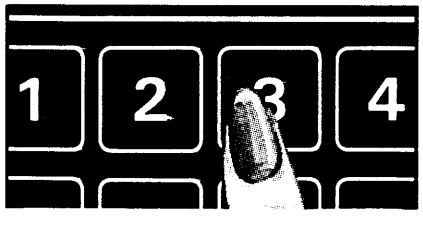
- Power level 3 is automatically set for defrosting, but you may change this for more flexibility.
- See your cookbook for defrosting help.

To become better acquainted with the defrost function, defrost a 10 oz. package of frozen strawberries by following the steps below.

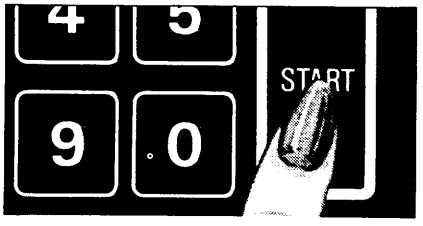
Step 1: Place package of frozen strawberries in the oven and close door. Be sure package contains no metal.



Step 2: Touch TIME DEFROST. Display shows : 0 and "POWER 3." "ENTER MICRO DEF TIME" flashes.



Step 3: Select one half of the total defrosting time recommended in your cookbook. For example, touch 3, 0 and 0 for 3 minutes. Display shows 3:00 and "POWER 3." "MICRO DEF TIME" flashes. If you wish to change power level, touch POWER LEVEL pad and then new number.

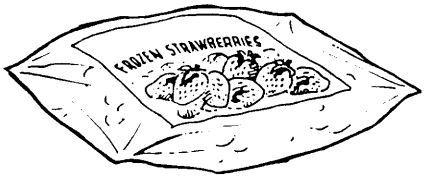


Step 4: Touch START. "MICRO DEF TIME" shows and time counts down on display. When cycle is completed, the oven signals and flashes "End," then automatically shuts off.

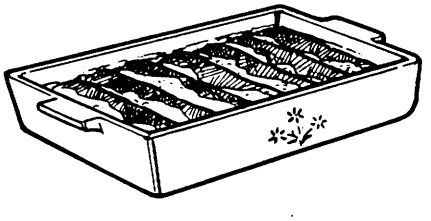
Step 5: Turn package over, close door and repeat Steps 2 and 3 to set remaining half of defrosting time and touch START.

Step 6: When oven signals and flashes "End," open door, remove package and separate strawberries to finish defrosting.

Defrosting Tips



- Foods frozen in paper or plastic can be defrosted in the package.



- Family-size, pre-packaged frozen entrees can be defrosted and microwaved. Remove from foil container and place in a microwave-safe dish.
- For even defrosting, some foods need to be broken up or separated part of the way through the defrosting time.
- Check your cookbook for other defrosting tips.

Questions and Answers

Q. When I press START, I hear a dull, thumping noise. What is it?

A. This sound is normal. It is letting you know the oven is using a power level lower than 10 (HIGH).

Q. Can I defrost small items in a hurry?

A. Yes, but they will need more frequent attention than usual. Raise the power level after entering the time by touching the desired power level pad. Power level 7 cuts the total defrosting time about in 1/2; Power level 10 cuts the total defrosting time to approximately 1/3. During either, rotate or stir food frequently.

Q. Why don't the defrosting times in the cookbook seem right for my food?

A. Cookbook times are averages. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in your cookbook. If your food is still not completely thawed at the end of that time, reset your oven and adjust the time accordingly.

Q. Should all foods be completely thawed before cooking?

A. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly it is better to begin cooking while it is still slightly frozen.

Q. Can I open the door during defrosting to check on the progress of my food?

A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START. The oven begins operating if time is left on timer. If not, reset timer.

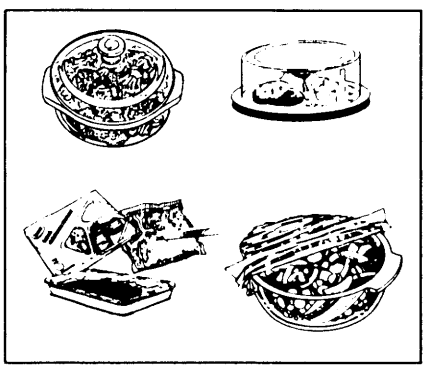
Automatic Cooking

The AUTO COOK feature may be used to eliminate your need to look up cooking time in the cookbook or guess how long to set cooking time. **By actually sensing the steam that escapes as food microwaves, this feature automatically adjusts the oven's cooking time to various types and amounts of food.**

Because most cooking containers must be covered during automatic cooking, this feature is best with foods that you want to steam or retain moisture. See page 19 for containers and covers recommended for automatic cooking.

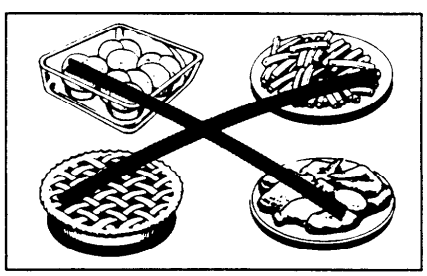
Note:
Use of the metal Double Duty™ shelf with Automatic Cooking is NOT recommended.

Foods Recommended



A wide variety of foods including meats, fish casseroles, vegetables, leftovers and convenience foods can be Auto Cooked.

Foods Not Recommended



Foods that must be cooked uncovered, foods that require constant attention, foods that require addition of ingredients during cooking, and foods calling for a dry look or crisp surface after cooking should not be Auto Cooked. It is best to Time Cook them.

Foods that microwave best using the temperature probe should be Temp Cooked or Auto Roasted.

Easy to Use

Simply touch three control pads—AUTO COOK, desired CODE, and START. The word "AUTO" appears on the display and the sensor is activated to sense steam from food.

Keep Door Closed

Do not open the oven door while the word "AUTO" is displayed—steam escaping from the oven can affect cooking performance. If the door is opened, the word "ERROR" appears. Close the door and touch START immediately.

Automatic Cooking Codes

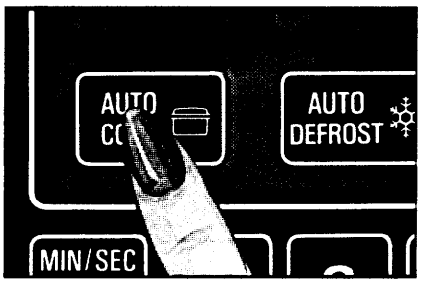
Automatic Cooking Codes 1 through 9 are designed to give you easy automatic results with a number of foods.

CODE 1, designed for reheating foods quickly, turns the oven off automatically as soon as the sensor detects steam from the foods.

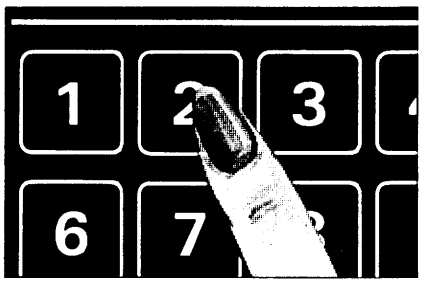
When CODES 2 through 9 are selected, the oven determines how much additional cooking time is needed after steam has been sensed, automatically switches to MICRO TIME COOK, signals, and the word "AUTO" on the display is replaced by countdown numbers indicating remaining cooking time. When the signal is heard, the oven door may be opened for stirring, turning or rotating food.

A guide behind the oven door lists cooking codes for frequently prepared fresh or uncooked foods and appropriate codes are recommended in the recipes and cooking guide on pages 20 through 27.

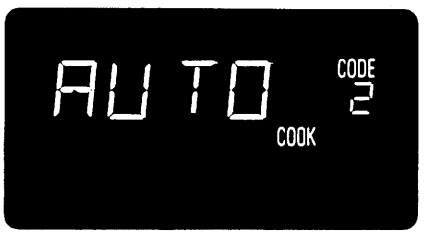
Example:



Place covered food in oven. Touch AUTO COOK pad. "AUTO COOK" appears on display and "ENTER CODE" flashes.



Touch number pad for desired code. "COOK" and "CODE 2" shows and "START" flashes. Touch START.



Word "AUTO" shows on display, indicating steam sensor is activated. DO NOT OPEN THE DOOR. OPENING DOOR MAY AFFECT COOKING PERFORMANCE.

Beep sounds when steam is sensed and "AUTO" is replaced by cook time. Rotate or stir food, if necessary. When done, oven beeps and stops, and displays "END."

How to Adjust AUTO COOK Codes To Suit Your Taste

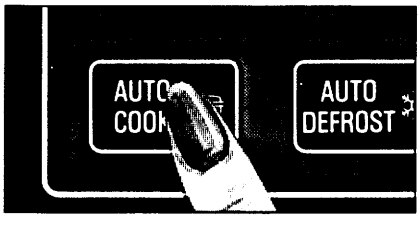
By simply adding a 1 after any AUTO COOK code number from 2 through 9, you can set the oven to cook for 20% less time than the code would regularly provide.

For example, if CODE 4 cooks your seafood more done than you like it, set CODE 41 next time and you'll get 20% shorter cooking time.

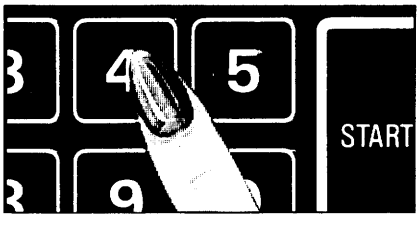
If you want a longer cooking time than a code provides, add a 9 after the code.

For the seafood in the example above, CODE 49 would provide 20% longer cooking time than the regular CODE 4 would provide.

Example:



Touch AUTO COOK pad. AUTO COOK is displayed and "ENTER CODE" flashes.



Touch number pads 4 and 1 in that order. COOK and CODE 4 are displayed and "START" flashes.

Touch START. AUTO COOK and CODE 2 show on display. DO NOT OPEN DOOR until first oven signal, then rotate dish 1/2 turn if necessary. Close door and touch START to finish cooking.

Questions & Answers

Q. Why does my oven automatically cut off after the Auto cycle when using Auto Cook Control Code 1 when it does not for other settings?

A. When using Code 1, there is no second phase of minutes counting down. All the cooking is completed in the first phase or Auto.

Q. If my food is not completely cooked after using the suggested Code, what should I do?

A. Use Time Cook and Power Level 10 for a few minutes until completion.

Q. Do all fresh or frozen vegetables require a standing period after cooking with Auto Cook?

A. Most vegetables are cooked to a crisp state during Auto Cook, just as in regular microwaving. Therefore, it is recommended that you let the vegetables stand for up to 5 minutes depending on size and density of pieces. This standing time also enhances the overall flavor and appearance of most vegetables.

Q. What if I don't fully cover the dish in Auto Cook?

A. Oven senses steam too quickly which shortens the cooking time thus leaving undercooked food. Cover tightly and reset Auto Cook.

Q. Do the shapes and sizes of food make a difference when using Auto Cook?

A. Yes, in some cases, larger pieces will require additional Time Cooking. Be sure to check suggested arrangement of pieces in the dish, since proper arrangement is often a successful tip in regular microwaving.

Q. Do fresh or frozen vegetables require water when using Auto Cook?

A. Yes. Add water as recommended on guide to the vegetables and cover well for even, complete cooking.

Q. Should I use Auto Cook to cook pudding or sauces?

A. Most pudding and sauce recipes require stirring many times during cooking; therefore, Time Cook is recommended.

Q. My scalloped potatoes were not completely cooked when I removed the dish after Auto Cook. What is wrong?

A. If you prepared the sauce in the oven prior to combining the sauce with potatoes, there may have been too much remaining moisture in the oven. Make sure you dry the oven completely before using Auto Cook since this function operates properly by sensing steam in the oven. Also, starting Auto Cook with hot foods creates steam in the oven too soon, and decreases the first sensing cycle.

Q. Are there any other foods which are best Time Cooked, rather than Auto Cooked?

A. Bakery foods, candies, melted chocolate or foods when a dry or crisp surface is desirable, are cooked best by Time Cook.

Q. Would my plastic containers with very tight fitting lids be appropriate for Automatic Cooking?

A. No, most types of plastic storage dishes, butter tubs, etc. with tight fitting lids are not recommended for microwaving. Also tight fitting plastic lids may prevent adequate steam from escaping and food may not cook properly during Automatic Cooking.

Q. I tried to warm some chow mein noodles using Auto Cook. Why didn't this work?

A. Food must have some moisture in order to create steam which helps the auto sensor function. Extremely dry foods such as chow mein noodles, potato chips and other such foods do not have enough moisture.

Q. May I use Auto Cook when I am cooking many foods in more than one dish or casserole?

A. No, because of different food densities, attention needed during cooking, and food amounts, it is best to use Time Cook when cooking many foods.

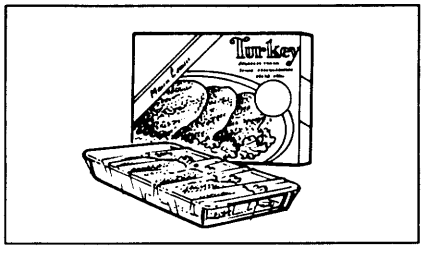
Automatic Cooking Containers & Covers

Containers and covers

Appropriate containers and coverings help assure good cooking results.

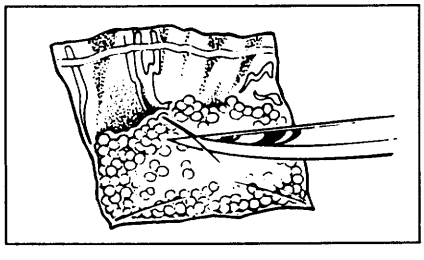
- **Always use microwave-safe containers and cover them with lids, wax paper or plastic wrap.** Wonder if it's microwave safe? Put it to the test described in your cookbook.
- **Never use tight-sealing plastic covers**—they can prevent steam from escaping and cause food to overcook.
- **Match the amount of food to the size of the container.** Fill containers at least half full.
- **Be sure the outside of the cooking container and the inside of the microwave oven are dry** before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.
- **Stir or rotate some foods after a beeping signal. See Automatic Cooking Control Guide and recipes on the following pages.**

Use microwave-safe casseroles or bowls for entrees and vegetables. Cover with lids that fit. If lids are not available, use plastic wrap or wax paper. Plastic wrap should be loose over food to allow for expansion. Seal by pressing plastic wrap firmly around edges.



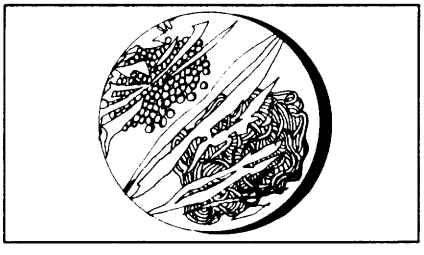
For frozen entrees in paperboard trays, remove tray from box but do not remove film over tray. Thick entrees may take longer to cook—see guide on page 20.

For frozen foods in metal trays, remove foil covering and baked goods, reinsert tray into box and close ends of box.

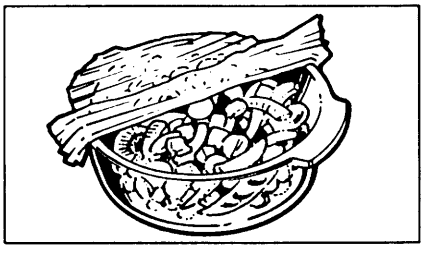


Slit plastic pouches 1 inch as shown above. Break food up thoroughly after oven signals.

Use oblong or square containers for chicken or corn on the cob. Plastic wrap covering should be loose over food to allow for expansion. Seal by pressing plastic wrap firmly around edges.



Paper plates—while they may be used for Time and Temperature Cooking and Defrosting, **do not use them with automatic cooking.** Use microwave-safe plates or bowls for reheating. Cover with plastic wrap or wax paper.



Follow Automatic Cooking Control Guide setting for casseroles. Cover casserole meat and vegetables with sauce. Cool hot ingredients or sauces. If they are not cool, use TIME COOK.

Automatic Cooking Control Guide

- Do not open oven door during Auto cycle. Door may be opened after oven beeps and the countdown time is displayed.
- Match the amount of food to the size of the container. Fill containers at least 1/2 full.
- Add 1/4-1/2 cup water to fresh vegetables.
- Most foods should be covered with lid to dish or wax paper to prevent spattering to keep oven clean. Spareribs, pot roasts and meat loaf should be covered tightly to ensure even cooking.
- Be sure outside of container and inside of oven are dry.
- If food needs additional cooking, return to oven and use Auto Cook Code 1.
- Use preference control "1" or "9" to adjust cook times to suit your individual tastes. See page 18.
- **Use of Automatic Cooking feature with DOUBLE DUTY™ shelf is not recommended.**

NOTE: Oven will not accept "Auto Cook Code" if the oven is hot. You must cool the oven before using Auto Cook or you may choose to use Time or Temperature Microwave Cooking.

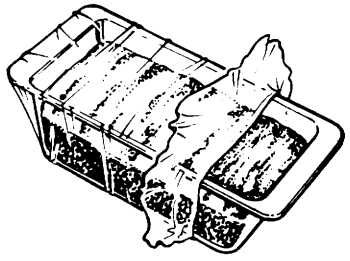
Food	"Auto Cook" Code	Container	Approx. Time	Comments
Canned Foods Thin foods such as soup, broth, gravy.	1	Microwave-safe container matched to size of food.	2-3 min./cup	Cover with lid to dish or wax paper.
Thick foods such as canned ravioli, chunky soups, beef stew, all canned vegetables.	1	Microwave-safe container matched to size of food.	4 min./cup	Cover with lid to dish or wax paper.
Leftovers	1	Microwave-safe container matched to size of food.	4 min./cup	Cover with lid to dish or wax paper.
TV Dinners (except for those with pasta)	2	Cook in container (see comments).	8-10 min.	If foil tray is no more than 3/4" deep, remove foil top, return to original box and reclose box. If tray is more than 1" deep, remove food and place in microwave-safe dish and cover. If dinner is in paperboard container, remove from box and cook in original container.
Frozen Entrees	2	Cook in container (see comments).	17-20 min. depending on size	
Frozen Pouch Meals	2		3-8 min.	When microwaving meals containing 2 pouches, make 1-inch slit in center of each pouch. Place pouch containing meat on microwave-safe plate, with remaining pouch on top. Flex pouch before serving.
Frozen Lasagna	5	1 or 1½ qt. casserole with lid to dish.	10-20 min.	Remove lasagna from foil tray and place in microwave-safe dish and cover. Let stand 3 to 5 minutes before serving.
Casseroles With precooked ingredients in a white sauce such as tuna noodle casserole, turkey tetrazzini.	4	2-3 qt. casserole with lid to dish.	12-16 min.	
With raw ingredients such as hamburger patty stew, scalloped potatoes, seafood casseroles.	6	2-3 qt. casserole with lid to dish.	16-24 min.	

Food	"Auto Cook" Code	Container	Approx. Time	Comments
Meats and Seafood				
Chicken pieces (up to 3 lbs.)	5	12 x 8 x 2-in. glass dish	8-20 min.	Cover with wax paper to prevent spatters.
Fish fillets (1 lb.)	1	12 x 8 x 2-in. glass dish	6-9 min.	Cover tightly with plastic wrap.
Meat loaf (1½ lbs.)	9	10-in. pie plate	25-30 min.	Cover tightly with plastic wrap.
Hamburger patties (4-5)	3	12 x 8 x 2-in. glass dish	7-9 min.	Cover with wax paper. When oven signals, rotate dish 1/2 turn.
Sausage patties (1 lb.)	5	12 x 8 x 2-in. glass dish	7-9 min.	Cover with wax paper. When oven signals, rotate dish 1/2 turn.
Pork chops (4-1" thick)	6	12 x 8 x 2-in. glass dish	22-25 min.	Baste with barbecue sauce. Cover with wax paper. When oven signals, rotate dish 1/2 turn.
Spareribs (up to 3 lbs.)	7	13 x 9 x 2-in. glass dish	1 hr. 30 min.-1 hr. 45 min.	Cover tightly with plastic wrap, venting one corner. When oven signals, rearrange ribs.
Swiss steak (1½ lbs.)	7	3-qt. casserole with lid	60-65 min.	
Chuck roast (up to 5 lbs.)	7	13 x 9 x 2-in. glass dish	65-90 min.	
Shrimp (up to 1 lb.)	4	1½-qt. glass dish with lid	4-6 min.	
Rice				
Regular, raw, 1 cup	9	2-qt. casserole with lid	21-28 min.	Follow instructions on rice package.
Instant, 1 cup	1	2-qt. casserole with lid	5-8 min.	Follow instructions on rice package.
Vegetables				
Fresh such as carrots, artichokes, cauliflower, broccoli, brussels sprouts (1 lb.)	2	2-qt. casserole with lid	10-15 min.	Add 1/4 to 1/2 cup water.
Baking potatoes 2-4	9	None	8-16 min. depending on number	Pierce with fork and place on oven floor in a square arrangement. Turn potatoes over when oven signals and remaining time is displayed.
Frozen block such as peas, green beans, spinach, broccoli	1	1½-qt. casserole with lid	8-10 min.	Add 2 tablespoons water.
Lima beans	1	1½-qt. casserole with lid	12-13 min.	Add 1/4 cup water.
Frozen pouch such as broccoli in butter sauce, corn, peas	2	Lay pouch on microwave-safe dish.	7-9 min.	Make 1" slit in pouch. Stir well before serving.
Fruit				
Baked apples—4	1	2-qt. casserole with lid	12-14 min.	Core apples and fill with butter and brown sugar.

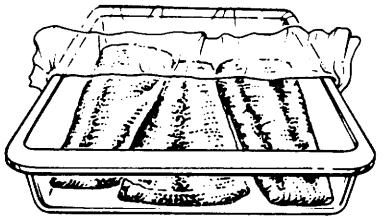
If after completion of Auto Cook Cycle food needs additional warming, simply re-cover food and use Auto Cook Code #1.

Automatic Cooking Meats and Main Dishes

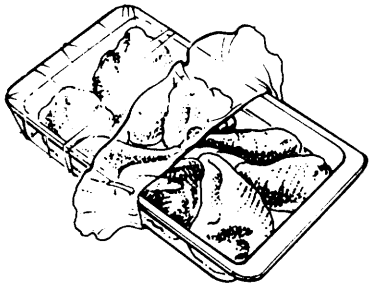
Meat, Fish & Poultry



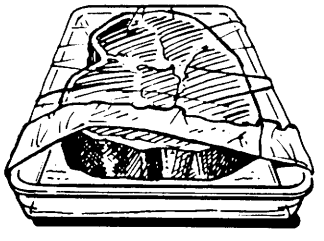
For meat and fish loaves use either the round or loaf microwave-safe containers. Fish loaves made with precooked or canned fish use Auto Cook Code 4. Beef loaf uses Auto Cook Code 9. Cover with wax paper.



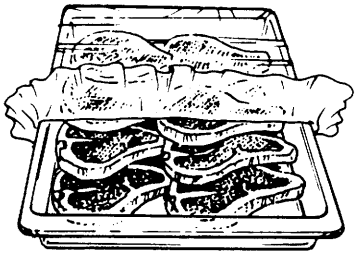
Fish fillets, whole fish or seafood pieces should be in single layer in flat pie plate or oblong dish to fit. Cover with wax paper. Use Auto Cook Code 1.



Chicken breasts and pieces, or turkey parts should be placed in a microwave-safe square or oblong dish. Cover with wax paper. If cooking bag is used for whole chicken, shield breast bone with small strip of foil. Microwave using Auto Cook Code 5.



Chuck roasts should be placed in a microwave-safe dish with 1/2 cup water. Cover with plastic wrap, venting one corner. Use Auto Cook Code 7.



Pork Chops automatically cook well in 12 × 8 × 2-in. dish. Add barbecue sauce or other sauce on each chop. Cover with wax paper, tucking ends securely under dish. Microwave using Auto Cook Code 6. Rotate dish when oven signals and remaining time is displayed.

Spare ribs and brisket should be automatically cooked in an oblong glass container. Cover with plastic wrap. Make sure liquid covers meat. Microwave using Auto Cook Code 7. Rotate dish when oven signals and remaining time is displayed.

How to Adapt Microwave Casserole Recipes

To adapt your casserole recipes for Automatic Cooking.

1: Select recipes that do not require adding ingredients at different stages during cooking or recipes that require extra attention, stirring or rotating.

2: Use microwave-safe containers that are appropriate in size to the food amount. Use 3-qt. containers or smaller.

3: For saucy casseroles, cover container with lid or wax paper (no vents). For cheese or crumb-topped casseroles, remove cover after oven signals and add topping, then continue cooking uncovered.

4: Allow precooked ingredients or hot sauces to cool slightly before adding other ingredients.

5: Meats and vegetables should be submerged in liquid.

Meat or Main Dish Recipes

Mexican Meatball Casserole

Auto Cook Code 8
Approx. Cooking Time—20 min.
Makes 6 to 8 Servings

1 lb. ground chuck
1/2 cup dry bread crumbs
1/8 teaspoon pepper
1 teaspoon salt
1 teaspoon chili powder
3 tablespoons dry minced onions
1 egg
3 tablespoons ketchup

1/2 cup instant rice
1 can (15½ oz.) kidney beans, undrained
1 can (14½ oz.) tomatoes, chopped and undrained
1 tablespoon chili powder

In large mixing bowl, place meat, bread crumbs, pepper, salt, chili powder, onion, egg and ketchup. Mix well and form into 18 balls. Arrange balls in 2-qt. casserole. Set aside.

In small mixing bowl place rice, beans, tomatoes and chili powder. Mix well and pour in casserole over meatballs. Cover. Microwave on Auto Cook Code 8. Rearrange meatballs when oven signals and remaining time is displayed.

Sweet Tart Franks

Auto Cook Code 1
Approx. Cooking Time—10 min.
Makes about 80 hors d'oeuvres

1 jar (10 oz.) currant jelly
1 jar (6 oz.) prepared mustard
2 lbs. frankfurters, cut into 1-in. pieces

In 3-qt. casserole stir together jelly and mustard until well blended. Add frankfurters, stirring to coat each piece. Cover. Microwave on Auto Cook Code 1.

Chicken Teriyaki

Auto Cook Code 5
Approx. Cooking Time—32 min.
Makes 4 Servings

1/4 cup soy sauce
1/4 cup honey
1/3 cup orange juice
1 whole chicken (about 3 lbs.)
1 tablespoon water
2 tablespoons cornstarch

In small cooking bag, mix soy sauce, honey and orange juice. Add chicken to bag and tie with plastic tie. Turn chicken on its side in 12 × 8 × 2-in. dish. Marinate 1 hour on each side. Place bird breast side up in dish. Slash bag near closure. Microwave on Auto Cook Code 5. When oven signals, remove chicken and prepare Teriyaki sauce. In 1-pt. glass measuring cup stir together water and cornstarch. Cut off one corner of cooking bag with scissors and drain juices into cup. Microwave at High (10) 2 minutes, stirring once. Remove chicken from bag to serving platter. Pour sauce over chicken just before serving.

Classic Ham Loaf

Auto Cook Code 8
Approx. Cooking Time—16 min.
Makes 6 Servings

1 lb. ground cooked ham
1/2 lb. ground fresh pork
1/2 cup soft bread crumbs
1/2 cup water
2 tablespoons instant minced onion
1/4 teaspoon pepper

Mix ground ham and pork thoroughly with crumbs, water, onion and pepper. Mold into flat loaf in 9-in. pie plate. Cover with wax paper. Microwave on Auto Cook Code 8.

Chicken and Rice

Auto Cook Code 6
Approx. Cooking Time—27 min.
Makes 6 Servings

1 can (10½ oz.) condensed cream of mushroom soup
1-1/4 cups milk (1 soup can full)
3/4 cup instant rice
1 can (4 oz.) mushrooms, stems and pieces, drained
1 pkg. (1½ oz.) dry onion soup mix

1 cut up chicken (about 3 lbs.)

In mixing bowl mix soup, milk, rice, mushrooms and onion soup mix.

Arrange chicken pieces in a 12 × 8 × 2-in. glass dish with meatiest pieces to outside of dish. Pour soup mixture over chicken. Cover with wax paper. Microwave on Auto Cook Code 6.

Swiss Steak

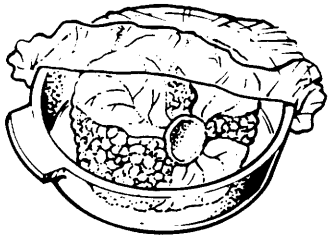
Auto Cook Code 7
Approx. Cooking Time—65 min.
Makes 6 Servings

1-1/2 lbs. round steak, 1/2-in. thick, tenderized or pounded with meat mallet
1/4 cup flour
1-1/2 teaspoons salt
1/8 teaspoon pepper
1 medium onion, sliced thin
1 can (16 oz.) tomatoes

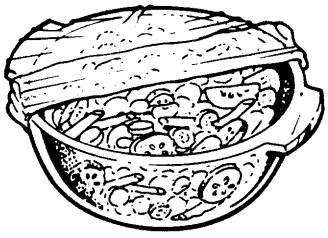
Cut meat in 6 pieces and coat with mixture of flour, salt and pepper. Place in 3-qt. casserole. Cover with onion. Break up tomatoes with fork and pour over top. Cover. Microwave on Auto Cook Code 7. Rearrange meat when oven signals and remaining time is displayed.

Automatic Cooking Vegetables

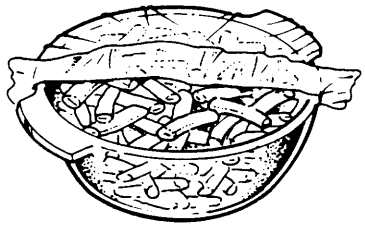
Fresh or Canned Vegetables



Whole or large halves of vegetables such as cauliflower or squash use Auto Cook Code 2. Use a round container close to the size of vegetable. Add 1/2 cup water. Cover with lid or plastic wrap.

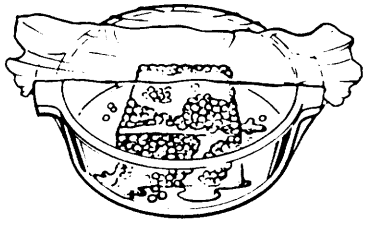


Pieces or slices of vegetables require 1/4 to 1/2 cup of water. Use appropriate size covered container. Microwave on Auto Cook Code 2. Dry root vegetables like carrots may need to be stirred after oven signals and time remaining appears on display. Re-cover and touch START to finish cooking.

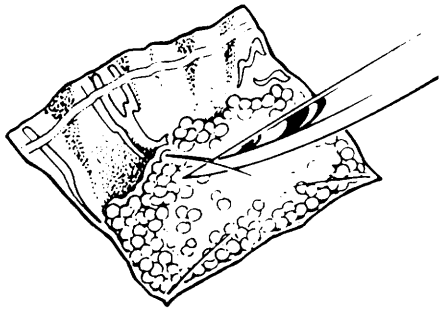


Precooked/canned vegetables should be placed in round container. Container should be no more than 1/3 full. Microwave on Auto Cook Code 1. Stir before serving.

Frozen Vegetables



Block or loose pieces of frozen vegetables should be placed in suitable size container (at least half full) and covered with lid or wax paper. Add 1 or 2 tablespoons water. Microwave on Auto Cook Code 1. Stir before serving.



Pouches of frozen vegetables should be slit 1/2" in center and placed on microwave-safe plate. Microwave on Auto Cook Code 2. Flex pouch before serving.

Vegetable Recipes

Stir Fry Vegetables

Auto Cook Code 21
Approx. Cooking Time—12 min.
Makes 4 Servings

1 tablespoon oil
1 tablespoon soft butter
3 medium onions, quartered
1 small green pepper, cut in 1/4-in. wide strips
2 cups thinly-sliced cabbage
2/3 cup carrots, sliced in thin diagonal slices
1/4 cup sliced green onions
1 cup broccoli flowerets
1 cup cauliflower flowerets
2 stalks celery, sliced diagonally

Toss vegetables with oil and butter in 3-qt. microwave-safe casserole. Cover. Microwave on Auto Cook Code 21, stirring well when oven signals and time remaining appears on display. Serve immediately.

Summer Garden Stew

Auto Cook Code 6
Approx. Cooking Time—34 min.
Makes 6 to 8 Servings

1 medium zucchini, cubed
1 large potato, peeled and cubed
2 large carrots, coarsely grated
1 small onion, cut in pieces
1/4 small head of cabbage, sliced
1 can (10¾ oz.) cream of mushroom soup
1 cup shredded cheddar cheese
1 can (4 oz.) mushroom pieces, drained
1/2 pound smoked sausage, cut in 1/4-inch pieces

In a 4-5-qt. deep casserole dish, mix all ingredients together until well blended. Cover. Microwave on Auto Cook Code 6. Stir well before serving.

Corn Pudding

Auto Cook Code 2
Approx. Cooking Time—9 min.
Makes 6 Servings

3 tablespoons butter
2 tablespoons flour
2 tablespoons sugar
1/2 teaspoon salt
1-1/4 cups milk
2 eggs, beaten
1 can (17-oz.) whole kernel corn, drained
3/4 cup butter flavored cracker crumbs

Melt butter in 1-1/2 quart casserole. Blend in flour, sugar, and salt. Stir in milk and eggs, blend well. Add corn, stir. Sprinkle cracker crumbs evenly over top. Cover. Microwave on Auto Cook Code 2. When done, center will be just barely set. Let stand 5 minutes before serving.

Eggplant Italiano

Auto Cook Code 5
Approx. Cooking Time—18 min.
Makes 4 to 6 Servings

1 medium eggplant
2 cans (8 oz. each) tomato sauce
1 to 2 teaspoons oregano
1/2 cup shredded sharp cheddar cheese
1 pkg. (6 oz.) Mozzarella cheese slices

Peel eggplant; slice 1/8-in. thick. Spread 2 tablespoons tomato sauce in bottom of 2-qt. casserole. Layer half of eggplant, 1 can tomato sauce, half of oregano and half of shredded cheese. Repeat layers. Cover. Microwave on Auto Cook Code 5. Add Mozzarella cheese and microwave at High (10) 1 to 2 minutes, until cheese has melted.

Green Rice

Auto Cook Code 6
Approx. Cooking Time—16 min.
Makes 4-6 Servings

1 pkg. (10 oz.) frozen chopped spinach, thawed
3/4 cup instant rice
2 tablespoons butter, melted
1/4 cup finely chopped onion
1 cup milk
2 eggs, beaten
1/2 teaspoon salt
1 cup shredded cheddar cheese

Combine rice, spinach, butter, onion, milk, egg, salt and cheese. Mix well in 2-qt. casserole. Cover and microwave on Auto Cook Code 6. Remove cover after oven signals and remaining time is displayed. Continue cooking. Let stand 5 minutes, covered, before serving.

Country Style Yellow Squash

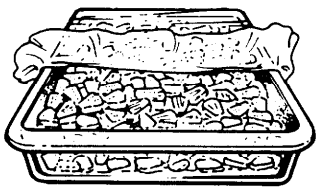
Auto Cook Code 69
Approx. Cooking Time—25 min.
Makes 4 to 6 Servings

2 pounds (approx. 5 medium) yellow squash, finely chopped
1/4 cup onion, chopped
1/4 cup butter, melted
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon basil
5 slices fresh bread, cubed
1/2 cup shredded cheddar cheese
1 cup sour cream
8 strips cooked bacon, crumbled

In large mixing bowl mix all ingredients, using 1/2 of crumbled bacon. Pour into a 12 × 8 × 2-in. glass dish. Sprinkle top with remaining bacon. Cover. Microwave on Auto Cook Code 69.

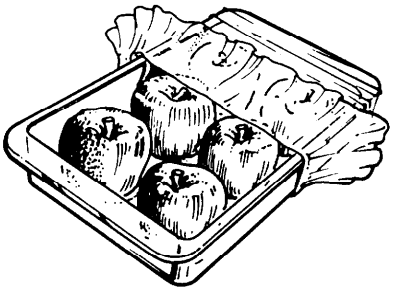
Automatic Cooking Fruits and Desserts

Fruits



Pineapple Casserole is a tangy dessert or meat accompaniment. In 12 × 8 × 2-in. dish spread 2 cans (20 oz. ea.) drained pineapple chunks.

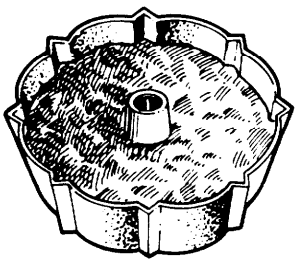
Mix together 1 cup sugar and 1/2 cup flour. Pour mixture over pineapple and stir to evenly coat pineapple. Top with mixture of 2 cups buttery-flavored cracker crumbs and 1/2 cup melted butter. Cover with wax paper and cook on Auto Cook Code 2.



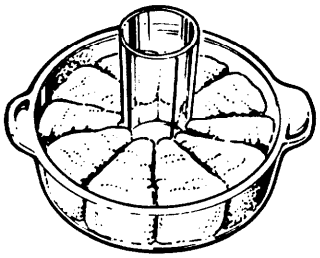
Baked Apples automatic cook well using Auto Cook Code 1. Match number of apples to size of microwave-safe covered container. Use Auto Cook Code 1 for Baked Pears also.

Stewed Fruit and Fruit Compotes should be stirred well before microwaving, especially if sugar is added. Cover; use Auto Cook Code 2 and stir once or twice after oven signals and time appears on display. Touch START and finish cooking.

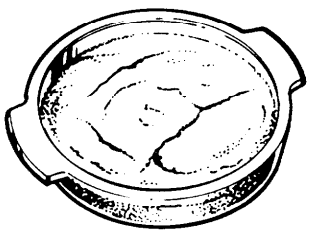
Desserts & Breads



Nut Topped Cakes are easy to cook automatically. Grease bottom and sides of microwave-safe fluted cake container and sprinkle bottom evenly with 1/3 cup chopped nuts or coconut. Carefully pour batter from one box (2-layer size) cake mix over nuts, cover with wax paper. Microwave on Auto Cook Code 6. Let stand 15 minutes before inverting to cool.



Caramel Biscuit Ring: Spread 1/4 cup melted butter and 1/2 cup brown sugar in 8-in. round glass dish. Sprinkle with cinnamon and 1/2 cup chopped nuts. Arrange 1 can (10 oz.) refrigerated biscuits around edges and place drinking glass, open end up, in center. Cover with wax paper. Microwave on Auto Cook Code 3. Invert onto serving plate, letting dish stand over ring a few minutes before removing.



Bacon and Cheese Topped Cornbread: Distribute 1/2 cup chopped crisp fried bacon and 1 tablespoon Parmesan cheese in well greased 8-in. round glass dish. Carefully pour batter from 1 pkg. (8-1/2 oz.) cornbread mix over above ingredients. Cover with wax paper. Microwave on Auto Cook Code 6. Rotate 1/2 turn after oven signals and time remaining appears on display. Let stand 5 to 10 minutes before inverting.

Dessert Recipes

Easy Chocolate Cake

Auto Cook Code 6
Approx. Cooking Time—14 min.
Makes 1 (10-in.) Tube Cake

1 pkg. (2-layer size) Devil's Food cake mix
3 eggs
1/2 cup cooking oil
1-1/3 cups water

1/3 cup finely chopped pecans

In large bowl, place cake mix, eggs, oil and water. Follow package recommendations for mixer speed and time.

Grease a 16-cup plastic microwave fluted or straight-sided ring mold. Sprinkle chopped nuts evenly over bottom. Pour batter over nuts.

Cover with wax paper and microwave on Auto Cook Code 6. Let stand in dish 5 minutes before inverting.

Cherry Cobbler

Auto Cook Code 2
Approx. Cooking Time—11 min.
Makes 6 to 8 Servings

1 can (20-22 oz.) prepared cherry pie filling

2 cups dry yellow or white cake mix (1 pkg. [9 oz.] or 1/2 pkg. [17 oz.])
1/4 cup melted butter
1/2 cup coarsely chopped nuts
1 teaspoon ground cinnamon

In 8-in. square dish, spread pie filling.

In small bowl, mix together cake mix, butter, nuts, and cinnamon until crumbly. Sprinkle evenly over cherries or in three rows so cherries are visible. Cover with wax paper. Microwave on Auto Cook Code 2.

Mexican Bread Pudding

Auto Cook Code 61
Approx. Cooking Time—14 min.
Makes about 6 servings

4 cups bread cubes, loosely packed into cup
1/2 cup brown sugar
1/2 teaspoon cinnamon
1/4 teaspoon salt
1/2 cup raisins
1/4 cup chopped pecans
1/4 cup slivered almonds
1/4 cup Jack cheese, cubed
1/2 chopped apple (3/4 to 1 cup)
1-3/4 cups milk
1/4 cup butter
2 eggs, well beaten

Spread bread cubes evenly in 8-inch round dish. Mix sugar, cinnamon, salt, raisins, pecans, almonds, cheese and apple together. Sprinkle evenly over bread cubes.

Measure milk into 1-qt. measuring cup. Add butter. Microwave at High (10) 4 minutes, until butter is melted. Rapidly stir in beaten eggs with a fork and mix well. Pour over bread mixture. Cover with wax paper. Microwave on Auto Cook Code 61.

Streuseled Apples

Auto Cook Code 2
Approx. Cooking Time—10 min.
Makes 6 to 8 Servings

6 cups sliced, peeled apples
1/4 cup brown sugar

1/2 cup all-purpose flour
1/3 cup brown sugar
1/3 cup quick-cooking oats
1/4 cup butter
1/2 teaspoon cinnamon

In 8-inch square dish place apples and 1/4 cup sugar.

With pastry blender mix flour, 1/3 cup sugar, oats, butter and cinnamon until crumbly. Sprinkle over top of apples. Microwave on Auto Cook Code 2.

Pineapple Upside Down Cake

Auto Cook Code 5
Approx. Cooking Time—7 min.
Makes 1 (8-in. round) Cake

1/4 cup butter
1/3 cup brown sugar
1 can (8-1/4 oz.) pineapple slices, drained, reserving liquid
4 maraschino or candied cherries, cut in half
1-1/2 cups yellow cake mix
1 egg
2 tablespoons oil

Reserve liquid from pineapple slices plus water to equal 1/2 cup.

In 8-in. round dish place butter. Microwave at HIGH (10) 1 minute until melted. Sprinkle sugar over butter. Drain pineapple (reserving liquid) on paper towels and arrange in dish. Decorate with cherries. Place a glass, open side up, in center of dish.

Prepare cake mix using 1 egg, 2 tablespoons oil, and reserved pineapple liquid plus water to equal 1/2 cup. Mix at high speed for 2 minutes. Carefully spread batter over fruit in dish. Cover with wax paper. Microwave on Auto Cook Code 5.

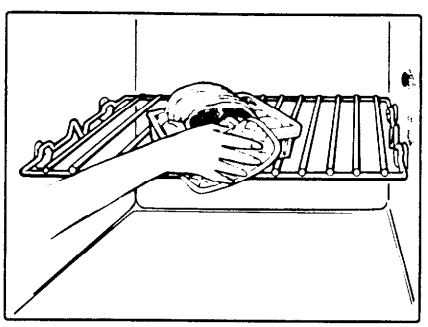
How to Use the Double Duty™ Shelf

- **Do not store or cook with shelf on floor of oven. Product damage may result.**
- **Use pot holders when handling metal shelf and cookware. They may be hot.**
- **Do not store microwave browning dish on metal shelf.**
- **Use of DOUBLE DUTY™ shelf with Automatic Cooking is not recommended.**

The wire shelf is specifically designed for added capacity heating and reheating in your microwave oven. More than one food may be heated or reheated and ready to serve at the same time.

When microwaving with the oven shelf, some techniques will differ from the cookbook which came with your oven. It is important to arrange foods properly, and this is shown on the next page. Cookware size is important; select from among the suggestions below. Also, food size should be considered; foods over 4 inches high, or 3½ pounds are not recommended for shelf cooking.

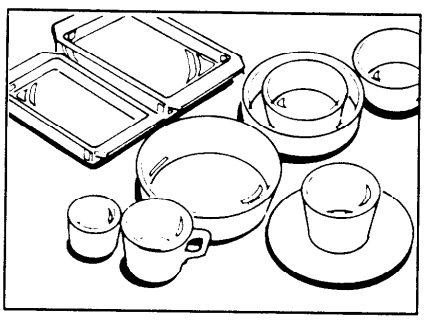
Batters and dough foods and also uncooked foods which need to be prepared from scratch should be cooked without the oven shelf, following cookbook directions.



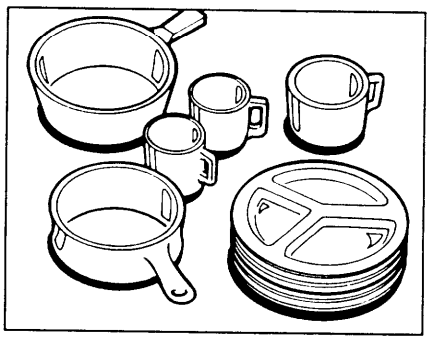
Use pot holders when handling foods heated together with your oven shelf, especially when heating larger amounts of food. Extra steam generated from multiple food cooking may make cookware hotter than with regular microwaving.

Cookware for Shelf Heating and Reheating

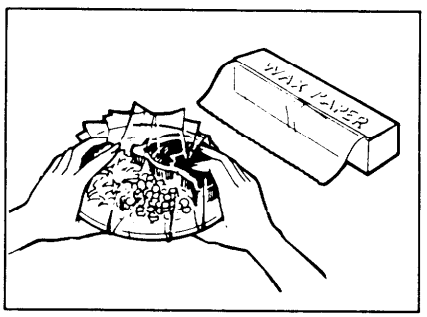
Before placing food in the dishes, check to see that they will fit together on or under the shelf. Also, be sure cookware is microwave safe.



Cookware for heating or reheating include 1 cup measuring cup, 9x5x3-inch loaf dishes or 9-inch pie plates.

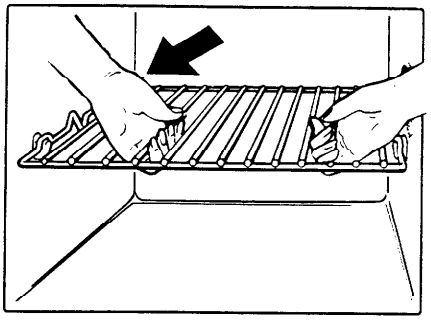


Leftovers may be placed in small individual ceramic or plastic bowls or divided plates.

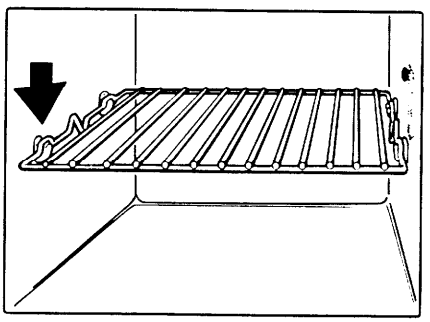


Use wax paper or plastic wrap instead of lids on casseroles. Lids may add too much height to dish.

Positioning the Shelf



To position the DOUBLE DUTY™ shelf, tip the back slightly and fit the shelf support guides **onto** the support guides located on each side of the oven in the rear.

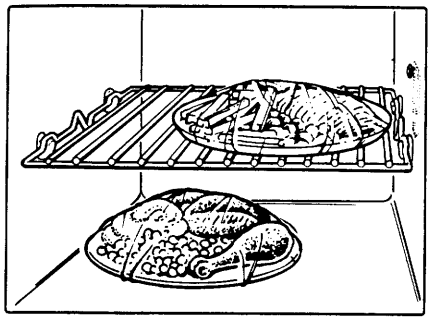


Next, lower the front until the shelf support guides fit **onto** the support guides located at each side of the oven in the front.

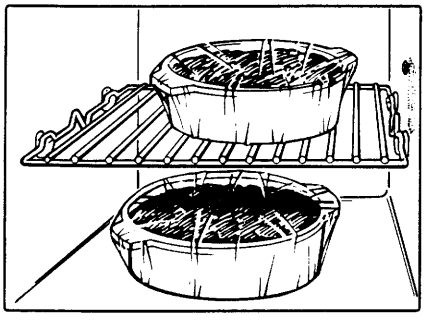
When properly positioned, the shelf should fit snugly in place, be level and not touch the back wall of the oven.

If arcing occurs when using the shelf to cook more than one food at the same time, turn the oven off. Make sure the shelf is positioned right-side-up on all four shelf supports and not touching oven walls.

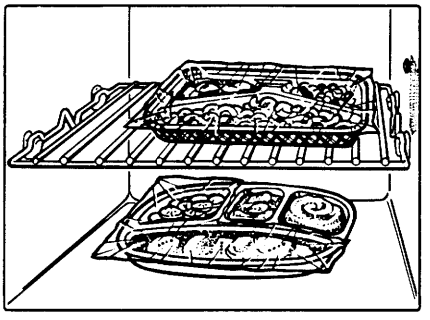
How to Heat or Reheat Similar Types of Food



Two plates of leftovers may be reheated together. Arrange thick or dense foods to outside edges of plate and cover with plastic wrap. Microwave at HIGH (10) for 3 minutes. Reverse position of plates (top to bottom) and rotate 1/2 turn. Continue microwaving at HIGH (10) for 2 to 3 minutes. Continue heating, if necessary, until hot.



Reheating two casseroles (height should be less than 4 inches) is possible. Cover with plastic wrap. Use staggered arrangements of food, placing food on right side of shelf and left side of floor. Refer to Heating or Reheating Guide in cookbook for suggested microwave time per casserole and add the times together. Microwave at HIGH (10) reversing position of foods (top to bottom) after half of time. Also, heat several small bowls of leftovers this way, stirring and reversing positions after half of time.



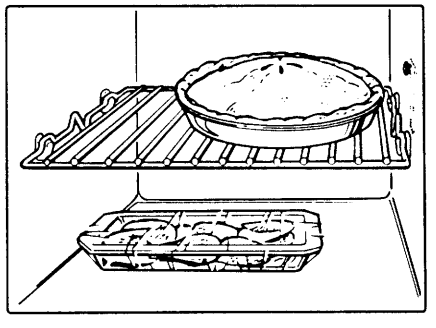
Two frozen individual entrees (5 to 7 oz. each) or two TV dinners (10 to 12 oz. each) are both ready to serve at the same time. Remove trays of food from their boxes and turn back one corner of the plastic cover to vent. If there are foil covers, remove them and return the trays of food to their boxes. (Batter foods should be removed from the trays and cooked conventionally.) Place in oven with one TV dinner on right shelf and the second dinner on left floor. Microwave at HIGH (10) for 6 minutes. Reverse positions (top to bottom) and rotate foods 1/2 turn. Continue microwaving at HIGH (10) for 6 minutes. Check dinners for heating. If one dinner seems less done than desired, return it to the box and continue heating on floor 1 to 2 more minutes.

How to Reheat Several Different Types of Foods Together

When heating several different types of food together, foods which should be served hot must be placed on the oven floor, while foods which are only warmed should be placed on the shelf. This is because microwave energy enters the oven from the bottom only. Also, it is important to remember that foods absorb microwave energy at different rates. Rates can be affected by the size of the food, and its starting temperature.

Because of the varying rates, you may need to start reheating a large or dense food a few minutes ahead of time, then add other smaller or less dense foods. Alternately, if one of the foods you are heating seems undercooked but the others are heated satisfactorily, let the underheated food continue cooking.

Heat or reheat different types of food at HIGH (10). To determine heating times, add times for all foods together. (See heating guide in cookbook.) After half of time, stir or rearrange foods (do not reverse positions). Check foods (floor especially) after 3/4 of total time and remove any which are done. Continue cooking others.



Place on floor large or dense foods which need the most heating, such as leftover fried chicken, casseroles of canned or leftover vegetables, rice or pasta. Place on shelf those foods which need only be warmed, such as bakery pies, rolls, muffins or breads.

Using Your Oven

Your oven is designed to give you the best results in baking, broiling and roasting when used as recommended. Before using your oven, read the directions for setting and using all of the controls and timer.

Oven Light

Light comes on automatically when door is opened. When door is closed, you can use switch to turn light on and off.

Switch is located on lower left of control panel under OVEN SET knob.

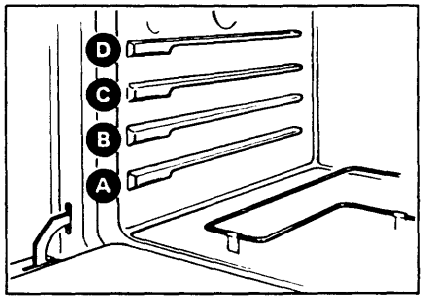
Oven Shelves

When the shelves are correctly placed on shelf supports, they are designed with stop-locks to prevent them from coming out of the oven or tilting when food is placed on them.

To remove, lift up rear of shelf and pull forward with stop-locks along top of shelf support.

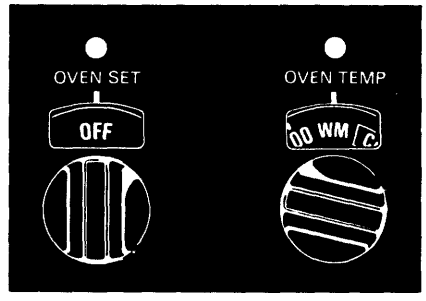
To replace, insert shelf with stop-locks resting on shelf supports and push toward rear of oven until it falls into correct position under shelf supports.

Shelf Positions



The oven has four shelf supports marked A (bottom), B, C and D (top). Shelf positions for cooking food are suggested on Baking, Roasting and Broiling pages.

Oven Controls



The controls for the oven are marked OVEN SET and OVEN TEMP. The OVEN SET control has settings for BAKE, TIME BAKE, BROIL, CLEAN (for lower oven) and OFF. When you turn the knob to the desired setting, the proper heating units are then activated for that operation.

The OVEN TEMP control maintains the temperature you set, from WARM (150°F.) to BROIL (550°F.) and also at CLEAN (880°F.) for lower oven.

Conventional Oven Timer

The Conventional Oven Timer is designed to automatically start and stop certain oven functions (TIME BAKE or CLEAN). Clock must be set before Conventional Oven Timer will operate.

To set Clock, first touch CLOCK pad and then number pads to enter time of day. For example, if time is 1:30, touch number pads 1, 3 and 0 and 1:30 will appear in display. Touch START and clock will be set.

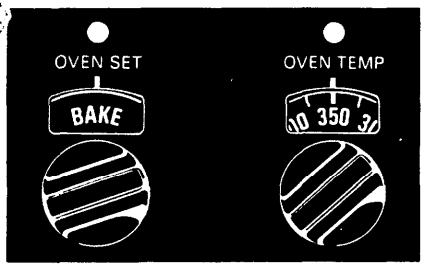
Baking

See Baking Guide on page 33.

When cooking a food for the first time in your new oven, use time given on recipes as a guide. Oven thermostats, over a period of years, may "drift" from the factory setting and differences in timing between an old and a new oven of 5 to 10 minutes are not unusual and you may be inclined to think that the new oven is not performing correctly. However, your new oven has been set correctly at the factory and is more apt to be accurate than the oven it replaced.

How to Set Your Range for Baking

Step 1: Place food in oven, being certain to leave about 1 inch of space between pans and walls of oven for good circulation of heat. Close oven door. During baking, avoid frequent door openings to prevent undesirable results.



Step 2: Turn OVEN SET knob to BAKE and OVEN TEMP knob to temperature on recipe or on Baking Guide.

Step 3: Check food for doneness at minimum time on recipe. Cook longer if necessary. Switch off heat and remove foods.

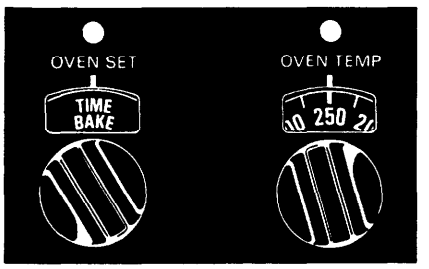
How to Time Bake

The Conventional oven timer control allows you to turn the oven on or off automatically at specific times that you set. Examples of Immediate Start (oven turns on now and you set it to turn off automatically) or Delay Start and Stop (setting the oven to turn on automatically at a later time and turn off at a preset stop time) will be described.

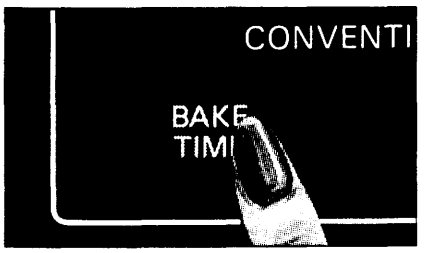
How to Set Immediate Start and Automatic Stop

NOTE: Before beginning make sure the oven clock shows the correct time of day.

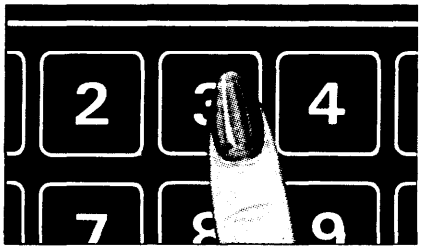
Immediate Start is simply setting oven to start baking now and turning off at a later time automatically. Remember, foods continue cooking after controls are off.



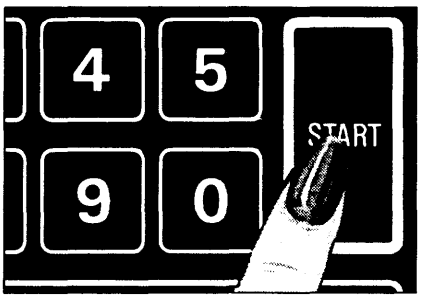
Step 1: Turn OVEN SET knob to TIME BAKE. Turn OVEN TEMP knob to oven temperature, for example 250°F.



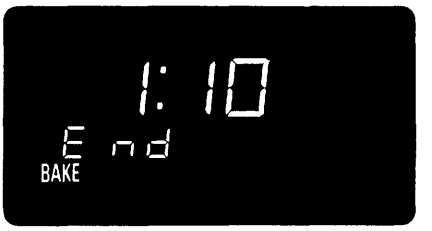
Step 2: Touch BAKE TIME pad. "Enter Bake Time" appears on display.



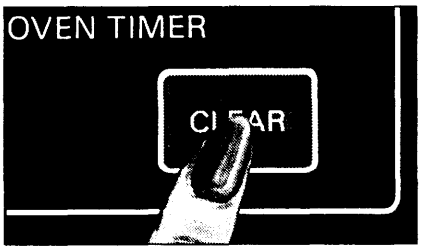
Step 3: Touch number pads to enter desired baking time. For example, touch 3, 0 and 0 for 3 hours baking time. "Bake Time" and 3:00 are displayed.



Step 4: Touch START. "Bake Time" is displayed and baking time counts down:



Step 5: When baking is completed, oven signals; "End" and "Bake" are displayed.



Step 6: Touch CLEAR pad, open door and remove food.

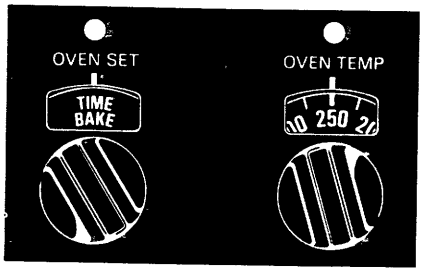
(continued next page)

Baking (continued)

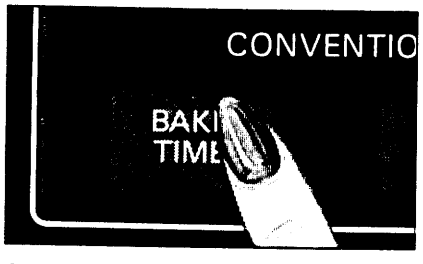
How to Set Delay Start and Stop

Delay Start and Stop is setting the oven timer to turn the oven on and off automatically at a later time than the present time of day.

For example: Let's say it's 2:00 and dinner time is shortly after 7:00. The recipe suggests 3 hours baking time at 250°F. Here's how:



Step 1: Turn OVEN SET knob to TIME BAKE. Turn OVEN TEMP knob to 250°F. or recommended temperature.

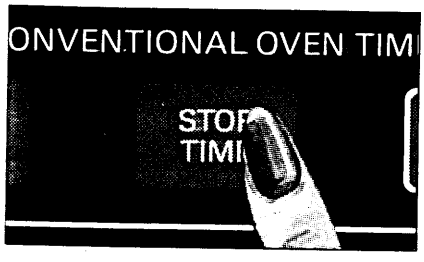


Step 2: Touch BAKE TIME pad.

Time of day remains on display and "Enter Bake Time" and : 0 appears.

Step 3: Touch number pads 3, 0 and 0 for 3 hours baking time.

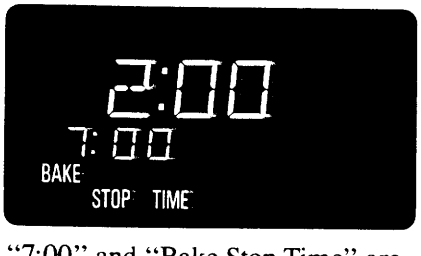
"Bake Time" and "3:00" are displayed.



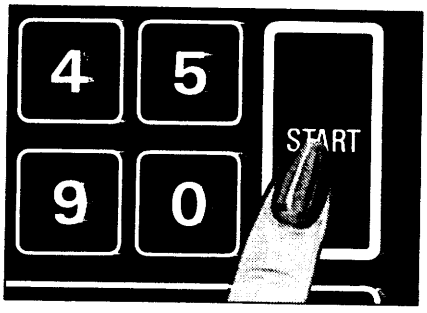
Step 4: Touch STOP TIME pad.

"Enter Bake Stop Time" and : 0 appears on display.

Step 5: Touch number pads 7, 0 and 0 to enter 7:00 for the time you want the oven to turn off.

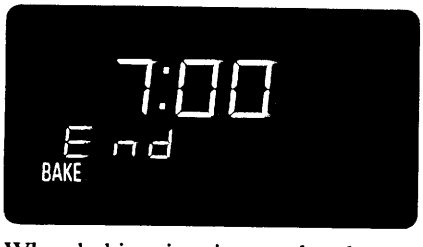


"7:00" and "Bake Stop Time" are displayed.

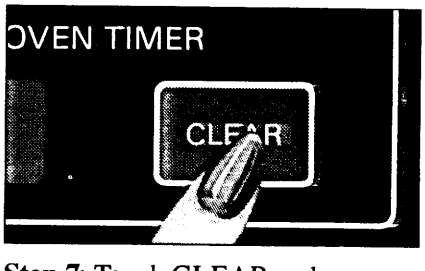


Step 6: Touch START pad. The oven automatically figures the start time so oven will turn off when you want baking to be completed.

"4:00" and "Bake Start Time" are displayed. In this example, baking will begin at 4:00 and oven will turn off at 7:00.



When baking time is completed, oven signals and displays "End Bake."



Step 7: Touch CLEAR pad, open door and remove food from oven.

Remember, food will continue to cook in a hot oven even after it is turned off.

Baking Guide

1. Aluminum pans conduct heat quickly. For most conventional baking, light, shiny finishes generally give best results. They prevent overbrowning in the time it takes for heat to cook the center areas. Dull (satin-finish) bottom surfaces of pans are recommended for cake pans and pie plates to be sure those areas brown completely.

2. Dark or non-shiny finishes, glass and Pyroceram® cookware generally absorb heat, which may result in dry, crisp crusts. Reduce oven heat 25°F. if lighter crusts are desired. Preheat cast iron for baking some foods for rapid browning when food is added.

3. Preheating the oven is not always necessary, especially for foods which cook longer than 30 to 40 minutes. For food with short cooking times, preheating gives best appearance and crispness.

4. Open the oven door to check food as little as possible to prevent uneven heating and to save energy.

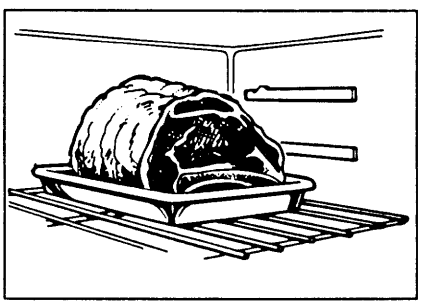
Food	Container	Shelf Position	Oven Temperature	Time, Minutes	Comments
Bread					
Biscuits (½-in. thick)	Shiny Cookie Sheet	B, C	400°-475°	15-20	Canned, refrigerated biscuits take 2 to 4 minutes less time.
Coffee cake	Shiny Metal Pan with satin-finish bottom	B, A	350°-400°	20-30	
Corn bread or muffins	Cast Iron or Glass	B	400°-450°	20-40	Preheat cast iron pan for crisp crust.
Gingerbread	Shiny Metal Pan with satin-finish bottom	B	350°	45-55	
Muffins	Shiny Metal Muffin Pans	A, B	400°-425°	20-30	Decrease about 5 minutes for muffin
Popovers	Deep Glass or Cast Iron Cups	B	375°	45-60	mix, or bake at 450°F. for 25 minutes, then at 350°F. for 10 to 15 minutes.
Quick loaf bread	Metal or Glass Loaf Pans	B	350°-375°	45-60	
Yeast bread (2 loaves)	Metal or Glass Loaf Pans	A, B	375°-425°	45-60	Dark metal or glass give deepest browning.
Plain rolls	Shiny Oblong or Muffin Pans	A, B	375°-425°	10-25	For thin rolls, Shelf B may be used.
Sweet rolls	Shiny Oblong or Muffin Pans	B, A	350°-375°	20-30	For thin rolls, Shelf B may be used.
Cakes (without shortening)					
Angel food	Aluminum Tube Pan	A	325°-375°	30-55	Two-piece pan is convenient.
Jelly roll	Metal Jelly Roll Pan	B	375°-400°	10-15	Line pan with waxed paper.
Sponge	Metal or Ceramic Pan	A	325°-350°	45-60	
Cakes					
Bundt cakes	Metal or Ceramic Pan	A, B	325°-350°	45-65	
Cupcakes	Shiny Metal Muffin Pans	B	350°-375°	20-25	Paper liners produce more moist crusts.
Fruitcakes	Metal or Glass Loaf or Tube Pan	A, B	275°-300°	2-4 hrs.	Use 300°F. and Shelf B for small or individual cakes.
Layer	Shiny Metal Pan with satin-finish bottom	B	350°-375°	20-35	
Layer, chocolate	Shiny Metal Pan with satin-finish bottom	B	350°-375°	25-30	
Loaf	Metal or Glass Loaf Pans	B	350°	40-60	
Cookies					
Brownies	Metal or Glass Pans	B, C	325°-350°	25-35	Bar cookies from mix use same time.
Drop	Cookie Sheet	B, C	350°-400°	10-20	Use Shelf C and increase temp.
Refrigerator	Cookie Sheet	B, C	400°-425°	6-12	25°F. to 50°F. for more browning.
Rolled or sliced	Cookie Sheet	B, C	375°-400°	7-12	
Fruits, Other Desserts					
Baked apples	Glass or Metal Pan	A, B, C	350°-400°	30-60	
Custard	Glass Custard Cups or Casserole (set in pan of hot water)	B	300°-350°	30-60	Reduce temp. to 300°F. for large custard. Cook bread or rice pudding
Puddings, Rice and Custard	Glass Custard Cups or Casserole	B	325°	50-90	with custard base 80 to 90 minutes.
Pies					
Frozen	Foil Pan on Cookie Sheet	A	400°-425°	45-70	Large pies use 400°F. and increase time.
Meringue	Spread to crust edges	B, A	325°-350°	15-25	To quickly brown meringue, use 400°F. for 8 to 10 minutes.
One crust	Glass or Satin-finish Metal	A, B	400°-425°	40-60	Custard fillings require lower
Two crust	Glass or Satin-finish Metal	B	400°-425°	40-60	temperature, longer time.
Pastry shell	Glass or Satin-finish Metal	B	450°	12-15	
Miscellaneous					
Baked potatoes	Set on Oven Shelf	A, B, C	325°-400°	60-90	Increase time for large amount
Scalloped dishes	Glass or Metal Pan	A, B, C	325°-375°	30-60	or size.
Souffles	Glass	B	300°-350°	30-75	

Roasting

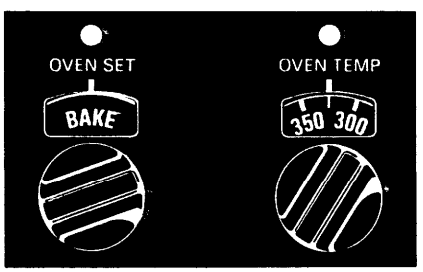
Roasting is cooking by dry heat. Tender meat or poultry can be roasted uncovered in your oven. Roasting temperatures, which should be low and steady, keep spattering to a minimum. When roasting, it is not necessary to sear, baste, cover or add water to your meat.

Roasting is really a baking procedure used for meats. Therefore, oven controls are set to BAKE or TIME BAKE. (You may hear a slight clicking sound, indicating the oven is working properly.) Roasting is easy; just follow these steps:

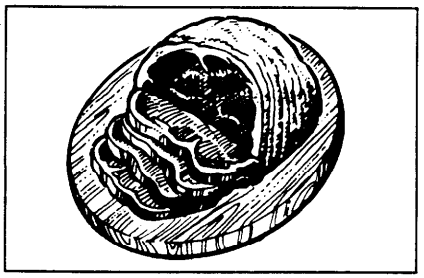
Step 1: Check weight of meat, and place, fat side up, on roasting rack in a shallow pan. (Broiler pan with rack is a good pan for this.) Line broiler pan with aluminum foil when using pan for marinating, cooking with fruits, cooking heavily cured meats, or for basting food during cooking. Avoid spilling these materials on oven liner or door.



Step 2: Place in oven on shelf in A or B position. No preheating is necessary.



Step 3: Turn OVEN SET to BAKE and OVEN TEMP to 325°F. Small poultry may be cooked at 375°F. for best browning.



Step 4: Most meats continue to cook slightly while standing, after being removed from the oven. For rare or medium internal doneness, if meat is to stand 10 to 20 minutes while making gravy, or for easier carving, you may wish to remove meat from oven when internal temperature is 5 to 10°F. below temperature suggested in guide. If no standing is planned, cook meat to suggested temperature in guide on opposite page.

NOTE: You may wish to use TIME BAKE, as described on pages 31 and 32, to turn oven on and off automatically.

Remember that food will continue to cook in the hot oven and therefore should be removed when the desired internal temperature has been reached.

For Frozen Roasts

- Frozen roasts of beef, pork, lamb, etc., can be started without thawing, but allow 10 to 25 minutes per pound additional time (10 minutes per pound for roasts under 5 pounds, more time for larger roasts).

- Thaw most frozen poultry before roasting to ensure even doneness. Some commercial frozen poultry can be cooked successfully without thawing. Follow directions given on packer's label.

Questions and Answers

Q. Is it necessary to check for doneness with a meat thermometer?

A. Checking the finished internal temperature at the completion of cooking time is recommended. Temperatures are shown in Roasting Guide on opposite page. For roasts over 8 lbs., cooked at 300°F. with reduced time, check with thermometer at half-hour intervals after half the time has passed.

Q. Why is my roast crumbling when I try to carve it?

A. Roasts are easier to slice if allowed to cool 10 to 20 minutes after removing from oven. Be sure to cut across the grain of the meat.

Q. Do I need to preheat my oven each time I cook a roast or poultry?

A. It is rarely necessary to preheat your oven, only for very small roasts, which cook a short length of time.

Q. When buying a roast, are there any special tips that would help me cook it more evenly?

A. Yes. Buy a roast as even in thickness as possible, or buy rolled roasts.

Q. Can I seal the sides of my foil "tent" when roasting a turkey?

A. Sealing the foil will steam the meat. Leaving it unsealed allows the air to circulate and brown the meat.

Roasting Guide

Roasting

1. Position oven shelf at B for small-size roasts (3 to 7 lbs.) and at A for larger roasts.

2. Place meat fat-side up, or poultry breast-side up, on broiler pan or other shallow pan with trivet. Do not cover. Do not stuff poultry until just before roasting. Use meat thermometer for more accurate doneness. (Do not place thermometer in stuffing.)

3. Remove fat and drippings as necessary. Baste as desired.

4. Standing time recommended for roasts is 10 to 20 minutes to allow roast to firm up and make it easier to carve. Internal temperature will rise about 5° to 10°F.; to compensate for temperature rise, if desired, remove roast from oven at 5° to 10°F. less than temperature on guide.

5. Frozen roasts can be conventionally roasted by adding 10 to 25 minutes per pound more time than given in guide for refrigerated roasts. (10 minutes per pound for roasts under 5 pounds.) Defrost poultry before roasting.

Type	Oven Temperature	Doneness	Approximate Roasting Time, in Minutes per Pound		Internal Temperature °F
Meat			**3 to 5-lbs.**	**6 to 8-lbs.**	
Tender cuts; rib, high quality sirloin tip, rump or top round*	325°	Rare:	24-30	18-22	130°-140°
		Medium:	30-35	22-25	150°-160°
		Well Done:	35-45	28-33	170°-185°
Lamb Leg or bone-in shoulder*	325°	Rare:	21-25	20-23	130°-140°
		Medium:	25-30	24-28	150°-160°
		Well Done:	30-35	28-33	170°-185°
Veal shoulder, leg or loin*	325°	Well Done:	35-45	30-40	170°-180°
Pork loin, rib or shoulder*	325°	Well Done:	35-45	30-40	170°-180°
Ham, precooked	325°	To Warm:	10 minutes per pound (any weight)		125°-130°
			Under 10-lbs.	**10 to 15-lbs.**	
Ham, raw	325°	Well Done:	20-30	17-20	160°
*For boneless rolled roasts over 6-inches thick, add 5 to 10 minutes per pound to times given above.					
Poultry			**3 to 5-lbs.**	**Over 5-lbs.**	
Chicken or Duck	325°	Well Done:	35-40	30-35	185°-190°
Chicken pieces	375°	Well Done:	35-40		185°-190°
			10 to 15-lbs.	**Over 15-lbs.**	**In thigh:**
Turkey	325°	Well Done:	20-25	15-20	185°-190°

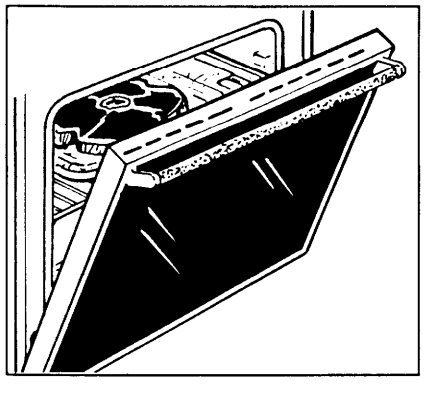
Broiling

Broiling is cooking food by intense radiant heat from the upper unit in the oven. Most fish and tender cuts of meat can be broiled. Follow these steps to keep spattering and smoking to a minimum.

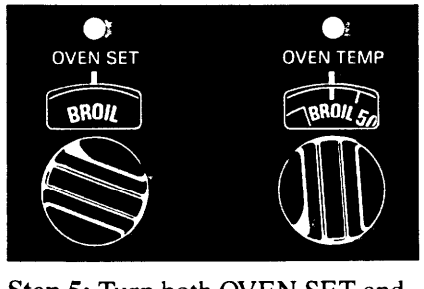
Step 1: If meat has fat or gristle near edge, cut vertical slashes through both about 2" apart. If desired, fat may be trimmed, leaving layer about 1/8" thick.

Step 2: Place meat on broiler rack in broiler pan which comes with range. Always use rack so fat drips into broiler pan; otherwise juices may become hot enough to catch fire.

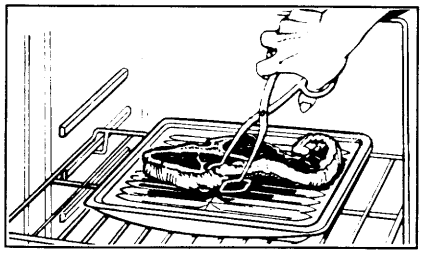
Step 3: Position shelf on recommended shelf position as suggested in Broiling Guide on opposite page. Most broiling is done on C position, but if your range is connected to 208 volts, you may wish to use higher position.



Step 4: Leave door ajar a few inches (except when broiling chicken). The door stays open by itself, yet the proper temperature is maintained in the oven.



Step 5: Turn both OVEN SET and OVEN TEMP knobs to BROIL. Preheating units is not necessary. (See notes in Broiling Guide.)

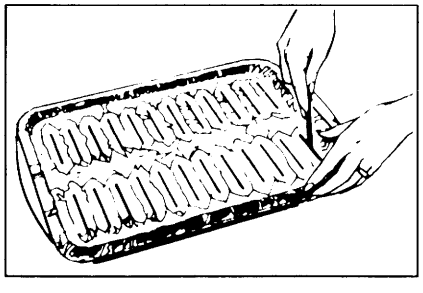


Step 6: Turn food only once during cooking. Time foods for first side per Broiling Guide.

Turn food, then use times given for second side as a guide to preferred doneness. (Where two thicknesses and times are given together, use first times given for thinnest food.)

Step 7: Turn OVEN SET knob to OFF. Serve food immediately, and leave pan outside oven to cool during meal for easiest cleaning.

Use of Aluminum Foil



1. If desired, broiler pan may be lined with foil and broiler rack may be covered with foil for broiling. ALWAYS BE CERTAIN TO MOLD FOIL THOROUGHLY TO BROILER RACK, AND SLIT FOIL TO CONFORM WITH SLITS IN RACK. Broiler rack is designed to minimize smoking and spattering, and to keep drippings cool during broiling. Stopping fat and meat juices from draining to the broiler pan prevents rack from serving its purpose, and juices may become hot enough to catch fire.

2. DO NOT place a sheet of aluminum foil on shelf. To do so may result in improperly cooked foods, damage to oven finish and increase in heat on outside surfaces of the oven.

Questions & Answers

Q. Why should I leave the door closed when broiling chicken?

A. Chicken is the only food recommended for closed-door broiling. This is because chicken is relatively thicker than other foods you broil. Closing the door holds more heat in the oven which allows chicken to cook evenly throughout.

Q. When broiling, is it necessary to always use a rack in the pan?

A. Yes. Using the rack suspends the meat over the pan. As the meat cooks, the juices fall into the pan, thus keeping meat drier. Juices are protected by the rack and stay cooler, thus preventing excessive spatter and smoking.

Q. Should I salt the meat before broiling?

A. No. Salt draws out the juices and allows them to evaporate. Always salt after cooking. Turn meat with tongs; piercing meat with a fork also allows juices to escape. When broiling poultry or fish, brush each side often with butter.

Q. Why are my meats not turning out as brown as they should?

A. In some areas, the power (voltage) to the range may be low. In these cases, preheat the broil unit for 10 minutes before placing broiler pan with food in oven. Check to see if you are using the recommended shelf position. Broil for longest period of time indicated in the Broiling Guide. Turn food only once during broiling.

Q. Do I need to grease my broiler rack to prevent meat from sticking?

A. No. The broiler rack is designed to reflect broiler heat, thus keeping the surface cool enough to prevent meat sticking to the surface. However, spraying the broiler rack lightly with a vegetable cooking spray before cooking will make cleanup easier.

Broiling Guide

Broiling

1. Always use broiler pan and rack that comes with your oven. It is designed to minimize smoking and spattering by trapping juices in the shielded lower part of the pan.

2. Oven door should be ajar for all foods except chicken; there is a special position on door which holds door open correctly.

3. For steaks and chops, slash fat evenly around outside edges of meat. To slash, cut crosswise through outer fat surface just to the edge of the meat. Use tongs to turn meat over to prevent piercing meat and losing juices.

4. If desired, marinate meats or chicken before broiling. Or brush with barbecue sauce last 5 to 10 minutes only.

5. When arranging food on pan, do not let fatty edges hang over sides, which could soil oven with fat dripping.

6. Broiler does not need to be preheated. However, for very thin foods, or to increase browning, preheat if desired.

7. **Frozen Steaks** can be conventionally broiled by positioning the oven shelf at next lowest shelf position and increasing cooking time given in this guide 1½ times per side.

8. If your oven is connected to 208 volts, rare steaks may be broiled by preheating broil heater and positioning the oven shelf one position higher.

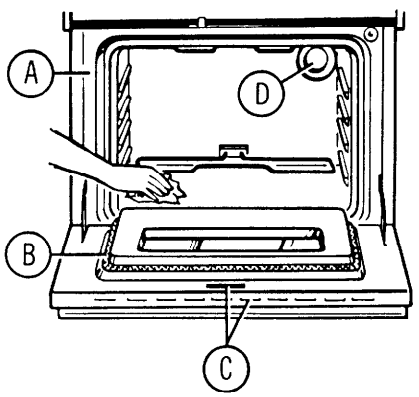
Food	Quantity and/or Thickness	Shelf Position	First Side Time, Minutes	Second Side Time, Minutes	Comments
Bacon	½-lb. (about 8 thin slices)	C	3½	3½	Arrange in single layer.
Ground Beef	1-lb. (4 patties)				Space evenly.
Well Done	½ to ¾-in. thick	C	7	4-5	Up to 8 patties take about same time.
Beef Steaks					
Rare	1-inch thick	C	7	7	Steaks less than 1 inch cook through
Medium	(1 to 1½-lbs.)	C	9	9	before browning. Pan frying is
Well Done		C	13	13	recommended.
Rare	1½-in. thick	C	10	7-8	Slash fat.
Medium	(2 to 2½-lbs.)	C	15	14-16	
Well Done		C	25	20-25	
Chicken	1 whole (2 to 2½-lbs.), split lengthwise	A	35	10-15	Reduce times about 5 to 10 minutes per side for cut-up chicken. Brush each side with melted butter. Broil with skin down first and broil with door closed.
Bakery Products					
Bread (Toast) or Toaster Pastries	2 to 4 slices 1 pkg. (2)	C	1½-2	½	Space evenly. Place English muffins cut-side-up and brush with butter, if desired.
English Muffins	2 (split)	C	3-4		
Lobster Tails (6 to 8-oz. each)	2-4	B	13-16	Do not turn over.	Cut through back of shell. Spread open. Brush with melted butter before and after half time.
Fish	1-lb. fillets ¼ to ½-in. thick	C	5	5	Handle and turn very carefully. Brush with lemon butter before and during cooking if desired. Preheat broiler to increase browning.
Ham Slices (precooked)	1-in. thick	B	8	8	Increase times 5 to 10 minutes per side for 1½-inch thick or home cured.
Pork Chops	2 (½ inch)	C	10	10	Slash fat.
Well Done	2 (1-in. thick) about 1 lb.	B	13	13	
Lamb Chops					
Medium	2 (1 inch)	C	8	4-7	Slash fat.
Well Done	about 10 to 12 oz.	C	10	10	
Medium	2 (1½ inch)	C	10	4-6	
Well Done	about 1 lb.	B	17	12-14	
Wieners and similar precooked sausages, bratwurst	1-lb. pkg. (10)	C	6	1-2	If desired, split sausages in half lengthwise into 5 to 6-inch pieces.

Operating the Self-Cleaning Oven

Before Setting Oven Controls, Check These Things:

Step 1:
Remove broiler pan, broiler rack and other cookware from the oven. (Oven shelves may be left in oven. Note: Shelves will discolor after the self-clean cycle.)

Step 2:
Wipe up heavy soil on oven bottom.



A. Oven Front Frame

B. Oven Door Gasket

C. Openings in Door

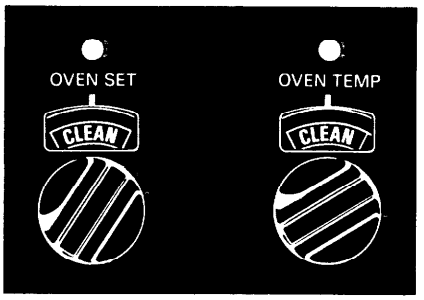
D. Oven Light

Step 3:
Clean spatters or spills on oven front frame (A) and oven door outside gasket (B) with a dampened cloth. Polish with a dry cloth. Do not clean gasket (B). Do not allow water to run down through openings in top of door (C). Never use a commercial oven cleaner in or around self-cleaning oven.

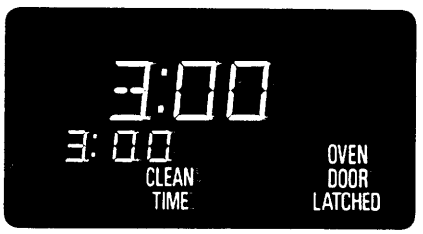
Step 4:
Close oven door and make sure oven light (D) is off.

How to Set Oven for Cleaning

Step 1:
Turn OVEN SET and OVEN TEMP knobs to CLEAN. Controls will snap into final position when the CLEAN location is reached.

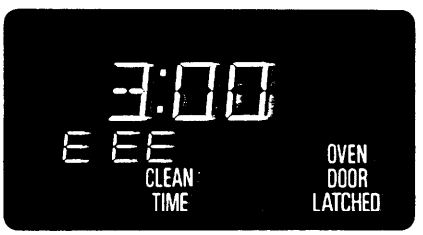


Step 2:
Slide LATCH HANDLE to the right as far as it will go.

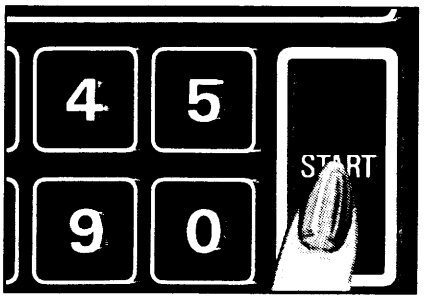


3:00, CLEAN TIME and OVEN DOOR LATCHED appear on display.

The oven is programmed to clean for 3 hours but you may change clean time by touching CLEAR pad and number pads to enter a different clean time from 1½ to 4½ hours.



"E EE" appears on display if you enter a clean time less than 1½ or more than 4½ hours.



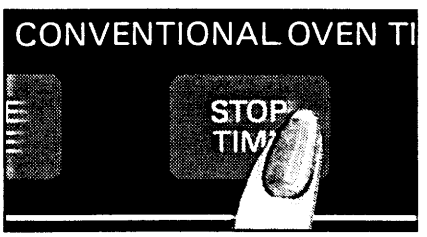
Step 3:
To begin cleaning immediately, touch START. Display shows stop time—in this example, 3 hours from the time cleaning operation starts.

No other function of the Conventional Oven can be used until the self-cleaning cycle is over and the oven door is unlatched. You may use the Microwave Oven during cleaning time.

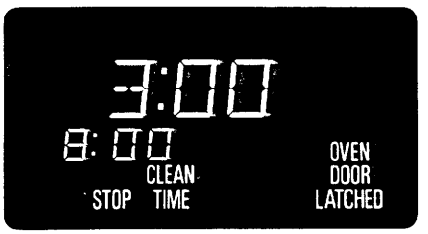
NOTE: Fan in Microwave Oven comes on when the lower oven door is latched and START is pressed. You'll know cleaning has started when the Cleaning light glows. The fan will stop when the cleaning cycle ends.

To delay start of cleaning:

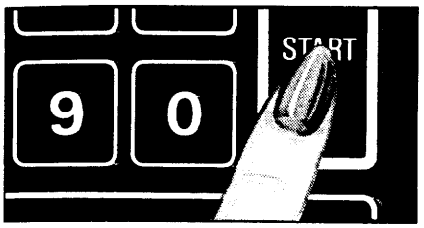
Step 1:
Repeat steps 1 and 2.



Step 2:
Touch STOP TIME pad and number pads for the time of day you want cleaning to be finished.



Display shows the time you programmed oven to stop cleaning, STOP CLEAN TIME and OVEN DOOR LATCHED.

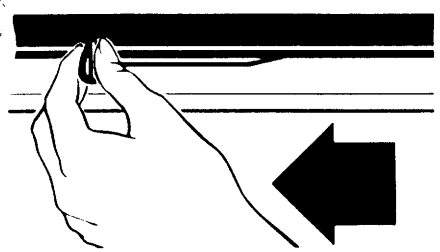


Step 3:
Touch START. Display shows the time of day oven will begin cleaning, START CLEAN TIME, OVEN DOOR LATCHED and the time of day.

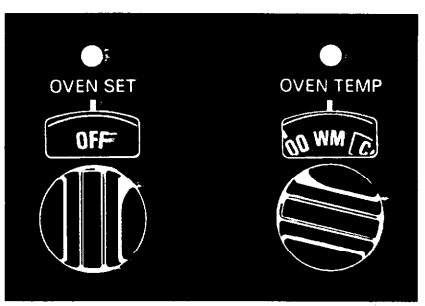
NOTE: Oven automatically figures the starting time so cleaning will end when you want it to.

Follow These Steps after Self-Cleaning

After cleaning is complete, the oven door will stay locked until the oven cools and the LOCKED light goes off. This takes about 30 minutes.



Step 1:
When LOCKED light is off, slide LATCH HANDLE to the left as far as it will go and open the door.



Step 2:
Turn OVEN SET knob to OFF.

Step 3:
Turn OVEN TEMP knob to WARM.

Step 4:
Touch CLEAR pad.

Questions and Answers

Q. If my oven clock is not working, can I still self-clean my oven?

A. No. Your Automatic Oven Timer uses the oven clock to help start and stop your self-cleaning cycle.

Q. Can I use commercial oven cleaners on any part of my self-cleaning oven?

A. No cleaners or coatings should be used around any part of this oven. If you do use them and do not wipe the oven absolutely clean, the residue can scar the oven surface and damage metal parts the next time the oven is automatically cleaned.

Q. Can I clean the Woven Gasket around the oven door?

A. No, this gasket is essential for a good oven seal and care must be taken not to rub, damage or move this gasket.

Q. After having just used the oven, the LOCKED light came on and I could not move the LATCH HANDLE. Why?

A. After several continuous high-temperature bakings or broilings, the LOCKED light may come on. The oven door can't be latched for self-cleaning while the LOCKED light is on. If this happens, let the oven cool until the LOCKED light goes off. Then the oven door can be latched for self-cleaning.

Q. What should I do if excessive smoking occurs during cleaning?

A. This is caused by excessive soil, and you should switch the OVEN SET knob to OFF. Open windows to rid room of smoke. Allow the oven to cool for **at least one hour** before opening the door. Wipe up the excess soil and reset the clean cycle.

Q. Is the "crackling" sound I hear during cleaning normal?

A. Yes. This is the metal heating and cooling during both the cooking and cleaning functions.

Q. Should there be any odor during the cleaning?

A. Yes, there may be a slight odor during the first few cleanings. Failure to wipe out excessive soil might also cause an odor when cleaning.

Q. What causes the hair-like lines on the enameled surface of my oven?

A. This is a normal condition resulting from heating and cooling during cleaning. These lines do not affect how your oven performs.

Q. Why do I have ash left in my oven after cleaning?

A. Some types of soil will leave a deposit which is ash. It can be removed with a damp sponge or cloth.

Q. My oven shelves do not slide easily. What is the matter?

A. After many cleanings, oven shelves may become so clean they do not slide easily. If you wish shelves to slide more easily, dampen fingers with a small amount of cooking oil and rub lightly over sides of shelf where they contact shelf supports.

Q. My oven shelves have become gray after the self-clean cycle. Is this normal?

A. Yes. After the self-clean cycle, the shelves may lose some luster and discolor to a deep gray color.

Care and Cleaning of Your Cooking Center

Proper care and cleaning are important so your Cooking Center will give you efficient and satisfactory service. Follow these directions carefully in caring for it to help assure safe and proper maintenance.

BE SURE ELECTRIC POWER IS OFF BEFORE CLEANING ANY PART OF YOUR COOKING CENTER.

Control Panel

Don't use sharp-edged utensils around the control panel. They might damage it.

Clean the panels with a lightly dampened cloth. DO NOT USE cleaning sprays or large amounts of soap and water. These can cause problems with the control mechanisms.

Temperature Probe

The probe is sturdy, but care should be taken in handling it. Do not twist it. Avoid dropping it. Clean as soon as possible after use. Wipe it with a sudsy cloth, then rub metal parts with a plastic scouring pad if necessary. Rinse and dry. (Or, wash the probe in an automatic dishwasher.)

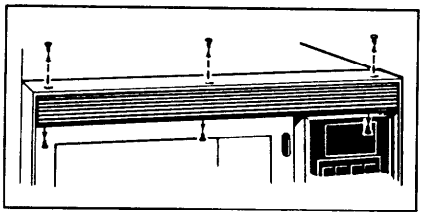
Aluminum Foil on Shelves—why you shouldn't use it

DO NOT place a sheet of aluminum foil on any shelf in either your microwave or conventional oven. If you do, your foods may not cook properly. The oven finish may be damaged, and there may be an increase in heat on the outside surfaces of the oven.

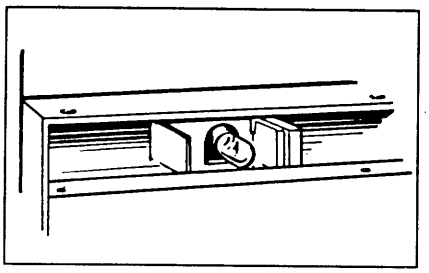
Microwave Oven

Oven Lamp

To replace microwave oven lamp, **first disconnect power at main fuse or circuit breaker panel.**



Remove the grille by removing the 3 screws on top and the 3 screws on the bottom of the grille using a blade-type screwdriver.



The lamp is located on the left side behind the grille.

Gently twist the bulb to break the white silicone adhesive attached to the bulb and socket to prevent damage during shipping. Unscrew the bulb and replace with a bulb of same type and wattage available from your General Electric supplier.

Screw replacement bulb in socket and replace grille. Re-connect power to Cooking Center.

DOUBLE DUTY™ Shelf Accessory

Your shelf accessory is designed for use in a microwave oven only; do not use in a conventional oven. Do not use a browning dish with the shelf. Arcing could occur.

Clean shelf with mild soap and water or in the dishwasher. **Do not clean in self-cleaning oven.**

Precautions for Use of Metal

Use metal only as directed in the Cookbook. Metal trays no more than 3/4" deep may be used for TV dinners, and the metal temperature probe is designed for microwave oven use. Always keep metal at least one inch away from sides of oven.

Cleaning—Outside

Clean the outside of your microwave oven with soap and damp cloth, then rinse with damp cloth and dry. Wipe the window clean with a damp cloth. Chrome is best wiped with a damp cloth and then with a dry towel.

Cleaning—Inside

Keep your microwave oven clean and sweet-smelling. Opening the oven door a few minutes after cooking helps air out the interior. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.

Spills and spatters are easy to remove from walls and floor. That's because there's little heat except in the food, or sometimes in the utensil. Some spatters wipe up with a paper towel, some may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse and dry.

NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.

Wipe up spatters on the window on the inside of the door daily. Wash window, when it's soiled, with a minimum of sudsy, warm water. Rinse thoroughly and dry.

Wipe metal and plastic parts on the inside of the door frequently. Use a damp cloth to remove all soil. DO NOT USE ABRASIVES, such as cleaning powders or steel and plastic pads. They may mar the surface.

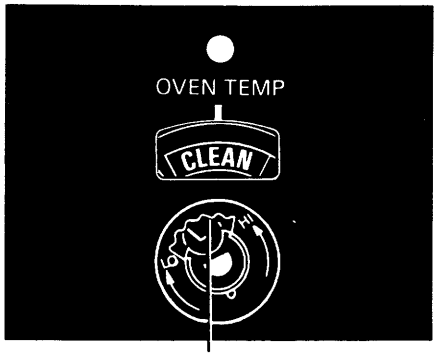
Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.

Using a Brown 'N Sear Dish? Use Bon Ami® brand cleanser. High heat generated on the bottom of the Brown 'N Sear Dish can cause scorched appearing stains to bake onto the floor if grease is present. These may be removed with Bon Ami® brand cleanser.

After using this cleaner, rinse and dry thoroughly, following instructions on can. Do not use it on the painted surfaces such as the walls—it may scratch the paint.

Conventional Oven

Adjusting Oven Thermostat



The temperature on your new oven has been accurately set at the factory. However, if your food consistently browns too much or too little, you may make a simple adjustment behind your OVEN TEMP knob. To readjust your thermostat:

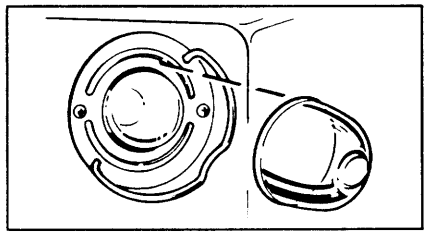
- Rotate OVEN TEMP knob to CLEAN position and pull knob off the shaft, revealing area behind knob.
- Insert the tip of a 3/16" standard screwdriver into the indented area directly under the notch and turn in the desired direction. Be careful not to scratch glass control panel.
- To increase oven temperature, move dial one notch counter-clockwise. To lower oven temperature, move dial one notch clockwise. (Each notch represents approximately 15°F.)
- Return knob to the range by matching the flat area of the knob to the shaft.
- Recheck oven performance before making an additional adjustment.

Oven Vent Duct

The oven is vented through a duct that's located on the right side of the oven just above the door handle (see page 7). Moisture and vapors from the oven are vented through it when oven is in use. Never cover the hole in the duct. To do so prevents it from functioning properly during cooking and cleaning.

Lamp Replacement

CAUTION: Before replacing your oven lamp bulb, disconnect the electric power for your Cooking Center at the main fuse or circuit breaker panel. Be sure to let the lamp cover and bulb cool completely before removing or replacing them.



The oven lamp (bulb) is covered with a glass removable cover which is held in place with a bail-shaped wire. Remove oven door, if desired, to reach cover easily.

To remove:

- Hold hand under cover so it doesn't fall when released. With fingers of same hand, firmly push back wire bail until it clears cover. Lift off cover. DO NOT REMOVE ANY SCREWS TO REMOVE COVER.
- Replace bulb with 40-watt home appliance bulb.

To replace cover:

- Place it into groove of lamp receptacle. Pull wire bail forward to center of cover until it snaps into place. When in place, wire holds cover firmly. Be certain wire bail is in depression in center of cover.
- Connect electric power to oven.

Use of Aluminum Foil in Broiling

If you wish, you may line the broiler pan with aluminum foil and cover the rack with it for broiling. ALWAYS BE SURE TO MOLD THE FOIL THOROUGHLY TO THE BROILER RACK AND SLIT THE FOIL TO CONFORM WITH SLITS IN THE RACK. Stopping fat and meat juices from draining into the broiler pan prevents the rack from serving its purpose and MAY LET JUICES BECOME HOT ENOUGH TO CATCH FIRE.

Cleaning Guide—Conventional Oven

(Microwave oven cleaning instructions on pages 40 and 41.)

NOTE: Let oven parts cool before touching or handling.

PART	MATERIALS TO USE	GENERAL DIRECTIONS
Bake Unit and Broil Unit		Do not clean the bake unit or broil unit. Any soil will burn off when the unit is heated. NOTE: The bake unit is not hinged and cannot be lifted to clean the oven floor. If spillover, residue or ash accumulates around the bake unit, gently wipe around the unit with warm water.
Broiler Pan and Rack	• Soap and Water • Soap-Filled Scouring Pad • Plastic Scouring Pad	Drain fat, cool pan and rack slightly. (Do not let soiled pan and rack stand in oven to cool.) Sprinkle on detergent. Fill pan with warm water and spread cloth or paper towel over the rack. Let both stand for a few minutes. Wash; scour if necessary. Rinse and dry. OPTION: The broiler pan and rack may also be cleaned in a dishwasher.
Oven Control Knobs	• Mild Soap and Water	Pull off knobs. Wash gently but do not soak. Dry and return controls to oven making sure to match flat area on the knob and shaft.
Outside Glass Finish	• Soap and Water	Wash all glass with cloth dampened in soapy water. Rinse and polish with a dry cloth. If knobs on the control panel are removed, do not allow water to run down inside the surface of glass while cleaning.
Metal, including Chrome Side Trims and Trim Strips	• Soap and Water	Wash, rinse, and then polish with a dry cloth. DO NOT USE steel wool, abrasives, ammonia, acids, or commercial oven cleaners which may damage the finish.
Porcelain Enamel Surface*	• Paper Towel • Dry Cloth • Soap and Water	Avoid cleaning powders or harsh abrasives which may scratch the enamel. If acids should spill on the oven while it is hot, use a dry paper towel or cloth to wipe up right away. When the surface has cooled, wash and rinse. For other spills, such as fat spatterings, etc., wash with soap and water when cooled and then rinse. Polish with dry cloth.
Inside Oven Door*	• Soap and Water	On this oven, clean ONLY the door liner outside the gasket. The door is automatically cleaned if the oven is in the self-cleaning cycle. If spillover or spattering should occur in cooking function, wipe the door with soap and water. DO NOT rub or damage gasket. Avoid getting soap and water on the gasket or in the rectangular flanges on the door.
Oven Gasket*		Avoid getting ANY cleaning materials on the gasket.
Oven Liner*	• Soap and Water	Cool before cleaning. Frequent wiping with soap and water will prolong the time between major cleanings. Be sure to rinse thoroughly. For very heavy soiling, use your self-cleaning cycle often.
Shelves (See Self-Cleaning Oven Directions.)	• Soap and Water	Your shelves can be cleaned with the self-cleaning function in the oven. For heavy soil, clean by hand, using any and all mentioned materials. Rinse thoroughly to remove all materials after cleaning. **Do not clean microwave oven shelf in self-cleaning oven.**

*Spillage of marinades, fruit juices, and basting materials containing acids may cause discoloration. Spillovers should be wiped up immediately, with care being taken not to touch any hot portion of the oven. When the surface is cool, clean and rinse.

Questions? Use This Problem Solver

Microwave Oven

PROBLEM	POSSIBLE CAUSE AND REMEDY
CONTROL PANEL ON, YET OVEN WILL NOT OPERATE	• START pad not touched. • Door not securely closed. • Another function was touched. Touch CLEAR/OFF to cancel. • Numbers not entered after touching Time Cook. • Finished temperature not entered after touching Temp Cook. • CLEAR/OFF pad touched accidentally. • No code number entered after touching Auto Cook, Auto Roast or Auto Defrost.
FOODS OVERCOOKED OR UNDERCOOKED	• Not enough time set when using Time Cook function because starting temperatures of foods varied widely. • Varying density and amount of foods will sometimes require more cooking time. • Dish in Auto Cook not covered as directed. • Humidity or moisture in oven will lessen the cooking time in the Auto Cook function. Make sure inside of oven and outside of containers are dry. • Some standing time is recommended for certain vegetables cooked with the Auto Cook setting. • Probe not inserted properly into meat or dish. Check cookbook or Auto Roast section of this book. • Incorrect power level entered. • Dish not rotated, turned or stirred as called for in recipe. • Too many dishes in oven at same time. • Food not thoroughly defrosted. • Improper use of coverings. Check cookbook and this book for instructions.
MICROWAVE OVEN FAN COMES ON WHEN OVEN IS OFF	• Microwave oven fan is used during self-cleaning of conventional oven to keep components cool. Microwave power is not on.
"PROBE" APPEARS ON DISPLAY	• Probe not inserted properly into oven receptacle or food. • Probe not used, although Auto Roast or Temp Cook pads have been touched.
"ERROR" APPEARS ON DISPLAY	• When using the Temp Cook function, you have entered a temperature of less than 80°F. or more than 199°F. • Door was opened during "AUTO" cycle of Auto Cook function. Close door and touch START pad.

All These Things Are Normal on Your Microwave Oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dull, thumping sound while oven is operating.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

The Problem Solver (continued)

Conventional Oven

PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN WILL NOT OPERATE	• Difficulty may be in the main distribution panel of your house by a blown oven circuit fuse, a tripped oven circuit breaker, the main fuse or the main circuit breaker, depending on nature of the power supply. If a circuit breaker is involved, reset it. If the control box uses fuses, the oven fuse (a cartridge-type) should be changed BUT ONLY BY SOMEONE FAMILIAR WITH ELECTRICAL CIRCUITS. If after doing one of these procedures, the fuse blows or circuit breaker trips again, call for service. NOTE: Apartment tenants or condominium owners should request their building management to perform this check before calling for service. • Oven controls not properly set. • Door left in locked position after cleaning.
OVEN LIGHT DOES NOT WORK	• Light bulb is loose or bulb is burned out. • Button operating oven light is defective.
ELECTRONIC TOUCH PADS WILL NOT WORK	• Clock not set. Touch CLOCK pad and enter time.
ELECTRONIC DISPLAY LANEL GOES BLANK OR BLINKS	• If it cannot be reset by touching pads, electrical service to your residence has caused interference signals on the main power line. Disconnect your cooking center at the main fuse or circuit breaker panel. Wait one minute and reconnect power. Reset clock.
FOOD DOES NOT BROIL PROPERLY	• OVEN SET knob not set at BROIL. • OVEN TEMP knob not set correctly. • Door not left ajar as recommended. • Improper shelf position is being used. Check Broiling Guide. • Necessary preheating was not done. • Food is being cooked on a hot pan. • Utensils are not suited for broiling. • Aluminum foil used on the broil rack has not been fitted properly and slit.
FOOD DOES NOT ROAST OR BAKE PROPERLY	• OVEN SET knob not set on BAKE. • OVEN TEMP knob not set correctly. • Shelf position is incorrect. Check Roasting or Baking Guide. • Oven shelf is not level. • Roasting pan is too small. • Improper cookware is being used. • A foil tent was not used when needed to slow down browning.

(continued next page)

Conventional Oven

PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN WILL NOT SELF-CLEAN	• Oven too hot to accept cleaning instruction. • Latch is not moved all the way to the right. • Excessive spills, spatters, and soil deposits are not being cleaned up prior to self-cleaning. • START pad not touched.
OVEN DOOR WON'T LATCH	• Turn OVEN SET knob to CLEAN. Glowing Locked Light after knob is turned indicates oven is too hot from previous use and door won't latch. To cool oven, open door wide, then Latch can be moved. • OVEN SET knob must be at CLEAN or OFF before Latch can be moved. • Latch not moved all the way to the right.
OVEN DOOR WON'T UNLOCK	• Oven hasn't cooled to a safe temperature.
FAN STAYS ON WHEN DOOR IS OPENED	• Self-cleaning lower oven uses microwave oven fan to keep components cool. Microwave power is not on unless microwave oven is in operation.

If you need more help...call, toll free:
GE Answer Center®
800.626.2000
consumer information service

If You Need Service

To obtain service, see your warranty on the back page of this book.

We're proud of our service and want you to be pleased. If for some reason you are not happy with the service you receive, here are three steps to follow for further help.

FIRST, contact the people who serviced your appliance. Explain why you are not pleased. In most cases, this will solve the problem.

NEXT, if you are still not pleased, write all the details—including your phone number—to:

Manager, Consumer Relations
GE Appliances
Appliance Park
Louisville, Kentucky 40225

FINALLY, if your problem is still not resolved, write:

Major Appliance
Consumer Action Panel
20 North Wacker Drive
Chicago, Illinois 60606

YOUR GENERAL ELECTRIC MICROWAVE COOKING CENTER
WARRANTY

Save proof of original purchase date such as your sales slip or cancelled check to establish warranty period.

WHAT IS COVERED

FULL ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor in your home to repair or replace ***any part of the microwave cooking center*** that fails because of a manufacturing defect.

LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through fifth year from date of original purchase, we will provide, free of charge, a replacement ***magnetron tube*** if the magnetron tube fails because of a manufacturing defect. You pay for the service trip to your home and service labor charges.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is LIMITED because you must pay to ship the product to the service shop or for the service technician's travel costs to your home.

All warranty service will be provided by our Factory Service Centers or by our authorized Customer Care® servicers during normal working hours.

Look in the White or Yellow Pages of your telephone directory for GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE® SERVICE.

WHAT IS NOT COVERED

- Service trips to your home to teach you how to use the product.

Read your Use and Care material. If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

GE Answer Center®
800.626.2000
consumer information service

- Improper installation.

If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, gas, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.
- Failure of the product if it is used for other than its intended purpose or used commercially.
- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS *NOT* RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company

If further help is needed concerning this warranty, write:
Manager—Consumer Affairs, GE Appliances, Louisville, KY 40225

Part No. 205C1026 P142
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